



## Pork and Apple Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



717 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 3 tablespoons apple jelly
- ☐ 2 heads bibb lettuce
- ☐ 0.8 cup cheese blue crumbled
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 gala apple diced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup olive oil extra-virgin plus more for brushing

- ☐ 2.8 pounds center-cut pork chops boneless
- ☐ 0.5 small onion diced red finely
- ☐ 1 small turnip diced peeled
- ☐ 3 tablespoons whole-grain mustard

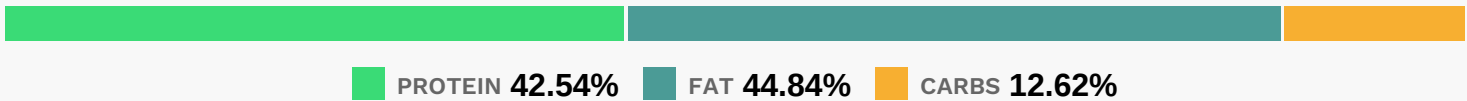
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

## Directions

- ☐ Preheat a grill to high.
- ☐ Mix 2 tablespoons apple jelly with the thyme. Season the pork chops with salt and pepper and brush with olive oil on both sides. Grill the chops until marked, about 3 minutes per side.
- ☐ Brush with the jelly-thyme mixture and continue to grill until the chops are cooked through, about 2 more minutes. Set aside to cool.
- ☐ Soak the diced onion in a bowl of cold water, about 10 minutes. Meanwhile, whisk the mustard, vinegar and the remaining 1 tablespoon apple jelly in a large bowl and season with salt and pepper. Slowly add 1/2 cup olive oil, whisking until smooth.
- ☐ Cut the pork into bite-size pieces and drain the onion.
- ☐ Add the lettuce, apple, turnip, pork, onion and blue cheese to the bowl with the dressing and toss. Top with parsley, if desired.
- ☐ Photographs by Kate Sears

## Nutrition Facts



## Properties

Glycemic Index:82.75, Glycemic Load:8.33, Inflammation Score:-10, Nutrition Score:42.64217376709%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 716.68kcal (35.83%), Fat: 34.99g (53.83%), Saturated Fat: 13.19g (82.47%), Carbohydrates: 22.15g (7.38%), Net Carbohydrates: 18.93g (6.88%), Sugar: 14.28g (15.87%), Cholesterol: 227.92mg (75.97%), Sodium: 779.32mg (33.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.69g (149.38%), Selenium: 111.7µg (159.57%), Vitamin B1: 2.18mg (145.19%), Vitamin B3: 25.66mg (128.28%), Vitamin B6: 2.43mg (121.71%), Phosphorus: 859.46mg (85.95%), Vitamin K: 88.47µg (84.26%), Vitamin A: 2961.48IU (59.23%), Vitamin B2: 0.77mg (45.03%), Potassium: 1562.31mg (44.64%), Zinc: 5.85mg (38.99%), Vitamin B12: 1.96µg (32.69%), Vitamin B5: 2.94mg (29.41%), Magnesium: 110.38mg (27.59%), Calcium: 207.8mg (20.78%), Folate: 77.54µg (19.38%), Iron: 3.18mg (17.66%), Manganese: 0.32mg (16.16%), Vitamin C: 11.49mg (13.93%), Fiber: 3.22g (12.86%), Copper: 0.26mg (12.79%), Vitamin E: 1.54mg (10.26%), Vitamin D: 1.37µg (9.16%)