



Pork Chop And Apple Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 Tbsp flour
- 0.3 tsp ground cinnamon
- 0.1 tsp ground nutmeg
- 1 pkt. shake 'n bake original pork seasoned coating mix
- 8 pork chops
- 0.3 cup sugar
- 4 cups tart apples sliced

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 425F.
- Mix sugar, flour, cinnamon and nutmeg in large bowl.
- Add apples; toss to coat. Spoon into greased 13x9-inch baking dish.
- Coat chops with coating mix as directed on package. Discard any remaining coating mix.
- Place chops in single layer over apples.
- Bake 35 minutes or until chops are cooked through.

Nutrition Facts

PROTEIN 41.98% **FAT 31.95%** **CARBS 26.07%**

Properties

Glycemic Index:5.6, Glycemic Load:1.63, Inflammation Score:-1, Nutrition Score:2.9208695661762%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 50.97kcal (2.55%), Fat: 1.79g (2.75%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 3.28g (1.09%), Net Carbohydrates: 2.99g (1.09%), Sugar: 2.64g (2.93%), Cholesterol: 16.31mg (5.44%), Sodium: 11.84mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Selenium: 8.13µg (11.61%), Vitamin B1: 0.17mg (11.13%), Vitamin B3: 1.95mg (9.77%), Vitamin B6: 0.18mg (8.98%), Phosphorus: 56.3mg (5.63%), Vitamin B2: 0.05mg (2.94%), Potassium: 102.62mg (2.93%), Zinc: 0.39mg (2.58%), Vitamin B12: 0.13µg (2.16%), Vitamin B5: 0.18mg (1.85%), Magnesium: 6.94mg (1.73%), Fiber: 0.28g (1.14%)