

 food
network

Pork Chop with Cider Gravy, Sauteed Apples, and Onions

READY IN



35 min.

SERVINGS



4

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cloudy apple cider
- 1 pork chop bone-in 1-inch-thick ()
- 1 tablespoon butter
- 0.5 cup chicken stock see
- 1 corn muffin split toasted
- 1 tablespoon evoo extra-virgin (olive oil)
- 1 tablespoon flour all-purpose
- 2 sprigs thyme leaves fresh finely chopped

- 1 golden delicious apple thinly sliced
- 0.5 optional: lemon
- 4 servings salt and pepper
- 1 small onion red yellow thinly sliced

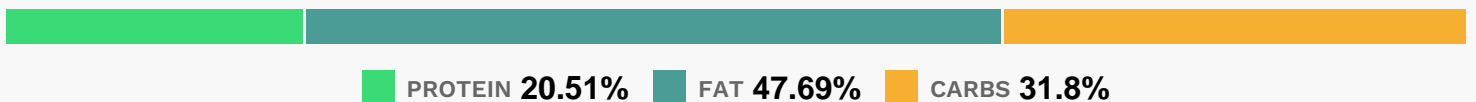
Equipment

- frying pan
- whisk
- aluminum foil

Directions

- Season the chop with salt and pepper.
- Heat 1/2 tablespoon of the EVOO in a medium skillet over medium-high heat. Cook the chop until golden, 3 to 4 minutes per side, tenting loosely with foil once you turn the chop.
- Remove the cooked chop to a plate and cover to keep warm.
- Add the remaining EVOO and the onions and apples. Season with salt, pepper, and the thyme and cook until just tender, 5 to 6 minutes, stirring occasionally. Douse with juice of the 1/2 lemon and remove to the plate with the chop.
- Add 1 tablespoon of the butter to the skillet and when it melts, whisk in the flour. Cook for 1 minute, stirring, then whisk in the cider and stock. Season the gravy with salt and pepper. Cook over medium-low heat for 3 to 4 minutes to thicken.
- Serve the chop covered with apples and onions, the gravy poured down over the top, and the muffin alongside.

Nutrition Facts



Properties

Glycemic Index:75.56, Glycemic Load:5.17, Inflammation Score:-6, Nutrition Score:7.7908696247184%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg, Catechin: 0.64mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg, Epicatechin: 3.9mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg, Hesperetin: 3.77mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg, Quercetin: 7.59mg

Nutrients (% of daily need)

Calories: 201.67kcal (10.08%), Fat: 10.76g (16.55%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 14g (5.09%), Sugar: 9.44g (10.49%), Cholesterol: 37.67mg (12.56%), Sodium: 288.16mg (12.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.82%), Selenium: 15.89µg (22.7%), Vitamin B6: 0.39mg (19.45%), Vitamin B1: 0.26mg (17.64%), Vitamin B3: 3.52mg (17.59%), Vitamin C: 10.32mg (12.5%), Phosphorus: 118.03mg (11.8%), Potassium: 317.17mg (9.06%), Vitamin B2: 0.15mg (8.59%), Fiber: 2.13g (8.53%), Zinc: 0.9mg (5.99%), Magnesium: 20.72mg (5.18%), Manganese: 0.1mg (5.15%), Vitamin E: 0.76mg (5.05%), Iron: 0.77mg (4.25%), Vitamin B5: 0.42mg (4.21%), Copper: 0.08mg (4.08%), Vitamin B12: 0.23µg (3.85%), Folate: 13.57µg (3.39%), Vitamin K: 3.36µg (3.2%), Vitamin A: 141.97IU (2.84%), Calcium: 27.32mg (2.73%), Vitamin D: 0.21µg (1.41%)