



## Pork Chops and Apples

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



50 min.

SERVINGS



2

CALORIES



242 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 medium cooking oil unpeeled sliced
- 2 tablespoons brown sugar packed
- 0.3 teaspoon ground cinnamon
- 0.5 pound lamb rib chops bone-in

### Equipment

- frying pan
- oven
- kitchen thermometer

aluminum foil

## Directions

Heat oven to 350°F.

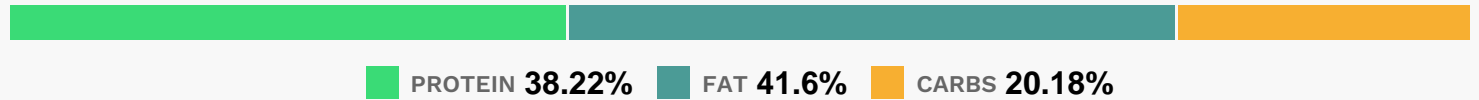
Place apples in 1 1/2-quart rectangular casserole.

Sprinkle with brown sugar and cinnamon. Cover with foil; bake 15 minutes.

Trim fat from edge of pork. Spray 8- or 10-inch nonstick skillet with cooking spray; heat over medium heat 1 to 2 minutes. Cook pork in hot skillet about 6 minutes, turning once, until light brown.

Place pork in single layer on apples. Cover and bake 10 to 12 minutes or until pork is no longer pink when cut near the bone, meat thermometer reads 145°F and apples are tender.

## Nutrition Facts



## Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:11.00956518446%

## Nutrients (% of daily need)

Calories: 242.28kcal (12.11%), Fat: 10.97g (16.88%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 11.84g (4.31%), Sugar: 11.65g (12.94%), Cholesterol: 74.84mg (24.95%), Sodium: 85.03mg (3.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.68g (45.36%), Vitamin B12: 2.7µg (44.98%), Selenium: 25.44µg (36.34%), Vitamin B3: 6.7mg (33.48%), Zinc: 4.32mg (28.78%), Phosphorus: 205.89mg (20.59%), Vitamin B2: 0.23mg (13.35%), Iron: 2mg (11.1%), Vitamin B6: 0.19mg (9.34%), Vitamin B1: 0.14mg (9.08%), Potassium: 317.54mg (9.07%), Vitamin B5: 0.75mg (7.54%), Magnesium: 29.58mg (7.39%), Copper: 0.13mg (6.62%), Folate: 23.95µg (5.99%), Manganese: 0.08mg (3.93%), Calcium: 26.07mg (2.61%), Vitamin E: 0.31mg (2.06%)