



Pork Chops and Apples



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium apples unpeeled sliced
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 pound pork chops bone-in

Equipment

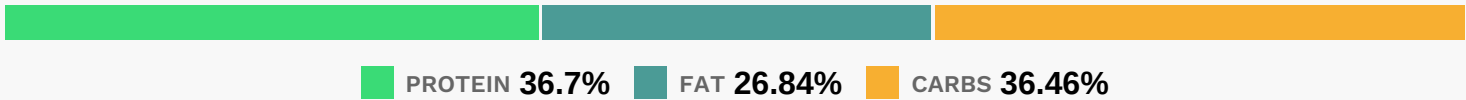
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

☐ aluminum foil

Directions

- ☐ Heat oven to 350F.
- ☐ 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 145F and apples are tender.

Nutrition Facts



Properties

Glycemic Index:18.5, Glycemic Load:3.32, Inflammation Score:-3, Nutrition Score:14.325652293537%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 269.3kcal (13.47%), Fat: 8.03g (12.35%), Saturated Fat: 2.8g (17.53%), Carbohydrates: 24.53g (8.18%), Net Carbohydrates: 22.21g (8.08%), Sugar: 21.11g (23.45%), Cholesterol: 75.98mg (25.33%), Sodium: 58.73mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.7g (49.4%), Selenium: 37.69µg (53.84%), Vitamin B1: 0.77mg (51.46%), Vitamin B3: 9.16mg (45.79%), Vitamin B6: 0.87mg (43.29%), Phosphorus: 266.93mg (26.69%), Potassium: 537.38mg (15.35%), Vitamin B2: 0.23mg (13.74%), Zinc: 1.8mg (12.01%), Vitamin B12: 0.6µg (10.02%), Fiber: 2.32g (9.27%), Vitamin B5: 0.9mg (8.97%), Magnesium: 35.26mg (8.82%), Vitamin C: 4.2mg (5.09%), Copper: 0.09mg

(4.73%), Manganese: 0.09mg (4.56%), Iron: 0.78mg (4.35%), Vitamin D: 0.45µg (3.02%), Calcium: 25.86mg (2.59%), Vitamin E: 0.32mg (2.11%), Vitamin K: 2.08µg (1.98%), Vitamin A: 54.41IU (1.09%)