2%
HEALTH SCORE

Pork Chops and Applesauce

 Vegetarian

READY IN	SERVINGS	CALORIES
45 min.	8	253 kcal

ANTIPASTI   STARTER   SNACK   APPETIZER

Ingredients

- [ ] 3.5 cups sandwich bread fresh white firm (from 10 slices sandwich bread, ground in a food processor)
- [ ] 1 tablespoon apple cider vinegar
- [ ] 2 teaspoons rosemary leaves dried fresh crumbled chopped
- [ ] 2 teaspoons thyme dried fresh crumbled chopped
- [ ] 3 lb gala apple mixed
- [ ] 1 tablespoon garlic minced
- [ ] 0.3 teaspoon ground allspice
- [ ] 2 cups milk

- [ ] 3 teaspoons salt
- [ ] 3 tablespoons sugar
- [ ] 1 bay leaves
- [ ] 2 tablespoons butter unsalted
- [ ] 2 tablespoons vegetable oil
- [ ] 0.3 cup water

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] sauce pan
- [ ] oven

Directions

- [ ] Stir together milk and 2 teaspoons salt in a shallow 3-quart dish, then add pork chops. Marinate, covered and chilled, turning over once, at least 1 hour.

- [ ] Peel, core, and coarsely chop apples, then stir together with remaining applesauce ingredients in a 3-quart heavy saucepan. Bring to a simmer, stirring occasionally, then reduce heat to moderately low and cook, covered, stirring occasionally, until apples are falling apart, 15 to 20 minutes. Discard bay leaf and mash apples with a fork. Keep applesauce warm, covered.

- [ ] Preheat oven to 200°F.

- [ ] Stir together bread crumbs, garlic, rosemary, thyme, and remaining teaspoon salt in a shallow bowl.

- [ ] Lift pork chops from milk 1 at a time, letting excess drip off, and dredge in bread crumbs, lightly patting crumbs to help adhere, then transfer to a tray, arranging in 1 layer.

- [ ] Heat 2 tablespoons oil and 2 tablespoons butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté pork chops in 2 or 3 batches, without crowding, turning over once, until golden brown and just cooked through, 5 to 6 minutes per batch.

- [ ] Transfer as cooked to a platter and keep warm in oven. (

- [ ] Add more oil and butter to skillet as needed.)

☐ Serve pork chops with applesauce.

☐ •Pork chops can be marinated in milk up to 4 hours.•Applesauce can be made 1 day ahead and chilled, covered. Reheat before serving.

Nutrition Facts

■ **PROTEIN 6.67%** ■ **FAT 31.35%** ■ **CARBS 61.98%**

Properties

Glycemic Index:37.48, Glycemic Load:17.44, Inflammation Score:-6, Nutrition Score:7.9352174219878%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 253.49kcal (12.67%), Fat: 9.23g (14.2%), Saturated Fat: 3.67g (22.94%), Carbohydrates: 41.06g (13.69%), Net Carbohydrates: 36.39g (13.23%), Sugar: 26.19g (29.1%), Cholesterol: 14.85mg (4.95%), Sodium: 992.1mg (43.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Fiber: 4.67g (18.68%), Vitamin K: 14.77µg (14.06%), Calcium: 135.69mg (13.57%), Manganese: 0.23mg (11.26%), Vitamin B1: 0.17mg (11.09%), Vitamin B2: 0.18mg (10.58%), Phosphorus: 105.69mg (10.57%), Vitamin C: 8.3mg (10.06%), Potassium: 305.95mg (8.74%), Selenium: 5.95µg (8.5%), Vitamin B6: 0.14mg (6.97%), Folate: 27.85µg (6.96%), Iron: 1.22mg (6.77%), Vitamin B3: 1.18mg (5.9%), Vitamin A: 289.77IU (5.8%), Vitamin B12: 0.34µg (5.59%), Magnesium: 22.32mg (5.58%), Vitamin E: 0.76mg (5.06%), Vitamin D: 0.72µg (4.82%), Vitamin B5: 0.45mg (4.47%), Copper: 0.08mg (3.97%), Zinc: 0.53mg (3.51%)