



Pork Chops and Sauerkraut



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons apple juice
- ☐ 1 teaspoon caraway seed
- ☐ 2 cloves garlic minced
- ☐ 1 onion thinly sliced
- ☐ 3 inch pork chops thick
- ☐ 4 servings salt and pepper to taste
- ☐ 16 ounces sauerkraut
- ☐ 2 tablespoons vegetable oil

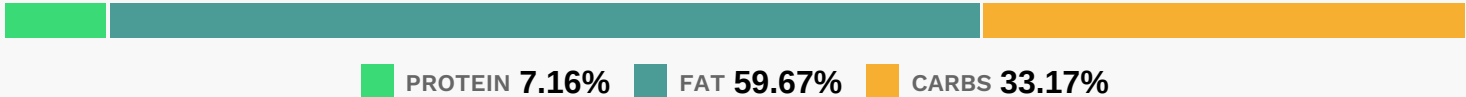
Equipment

☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat. Brown chops on all sides and remove from pan.
- ☐ Add the garlic, onion, sauerkraut, caraway seed, apple juice, and salt and pepper to taste to the hot skillet.
- ☐ Saute for 3 to 4 minutes.
- ☐ Lay browned pork chops on top of sauerkraut mixture, cover, reduce heat to low and cook for 20 minutes, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:32.44, Glycemic Load:1.55, Inflammation Score:-3, Nutrition Score:6.7273913753097%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 102.96kcal (5.15%), Fat: 7.21g (11.09%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 5.02g (1.83%), Sugar: 3.92g (4.36%), Cholesterol: 1.28mg (0.43%), Sodium: 946.01mg (41.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Vitamin K: 27.38µg (26.08%), Vitamin C: 19.34mg (23.45%), Fiber: 3.99g (15.97%), Manganese: 0.24mg (12.22%), Vitamin B6: 0.22mg (10.8%), Iron: 1.85mg (10.29%), Folate: 32.54µg (8.13%), Potassium: 260.42mg (7.44%), Copper: 0.13mg (6.54%), Magnesium: 20.03mg (5.01%), Vitamin E: 0.74mg (4.92%), Calcium: 47.36mg (4.74%), Phosphorus: 40.62mg (4.06%), Vitamin B1: 0.06mg (3.71%), Selenium: 1.73µg (2.47%), Vitamin B2: 0.04mg (2.4%), Zinc: 0.34mg (2.26%), Vitamin B3: 0.38mg (1.9%), Vitamin B5: 0.17mg (1.66%)