



Pork Chops Braised with Cider Vinegar

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple cider vinegar
- 2 cloves garlic minced
- 1 tablespoon honey
- 4 center-cut loin pork chops thick (1 in. ; 7 oz. each)
- 10 oz onion red peeled halved
- 1 tablespoon salad oil
- 4 servings salt and pepper
- 1 tablespoon soya sauce

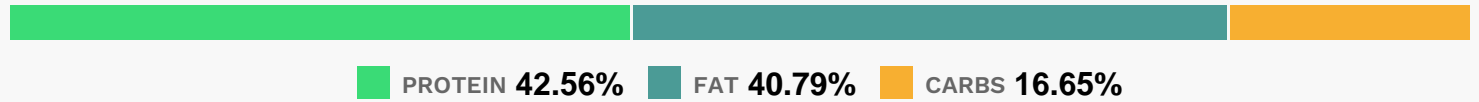
Equipment

frying pan

Directions

- Pour oil into a 10- to 12-inch nonstick frying pan over medium-high heat. When hot, add pork chops and cook, turning once, until browned on both sides, about 4 minutes total.
- Transfer to a plate.
- Add onion and garlic to pan. Stir frequently until onion is limp, about 5 minutes.
- Stir in vinegar, soy sauce, and honey, and return pork chops to pan. Reduce heat, cover, and simmer until pork chops are barely pink in the center (cut to test), 3 to 5 more minutes.
- Place each pork chop on a plate and top equally with onion mixture.
- Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:41.07, Glycemic Load:3.95, Inflammation Score:-5, Nutrition Score:17.55652171179%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg, Isorhamnetin: 3.55mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg, Quercetin: 14.41mg

Nutrients (% of daily need)

Calories: 291.02kcal (14.55%), Fat: 12.88g (19.82%), Saturated Fat: 3.57g (22.33%), Carbohydrates: 11.83g (3.94%), Net Carbohydrates: 10.55g (3.84%), Sugar: 7.47g (8.3%), Cholesterol: 89.78mg (29.93%), Sodium: 513.53mg (22.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.24g (60.48%), Selenium: 45.01µg (64.31%), Vitamin B1: 0.93mg (62.14%), Vitamin B3: 10.98mg (54.9%), Vitamin B6: 1.09mg (54.34%), Phosphorus: 332.94mg (33.29%), Potassium: 632.53mg (18.07%), Vitamin B2: 0.28mg (16.32%), Zinc: 2.25mg (15.02%), Vitamin B12: 0.71µg (11.84%), Magnesium: 44.96mg (11.24%), Vitamin B5: 1.09mg (10.91%), Manganese: 0.19mg (9.51%), Vitamin C: 5.74mg (6.96%), Copper: 0.12mg (5.82%), Iron: 1mg (5.58%), Vitamin E: 0.8mg (5.35%), Fiber: 1.28g (5.13%), Folate: 14.43µg

(3.61%), Vitamin D: 0.54µg (3.57%), Calcium: 30.78mg (3.08%), Vitamin K: 2.8µg (2.67%)