



Pork Chops, Cabbage, and Apples

 Gluten Free  Dairy Free

READY IN



69 min.

SERVINGS



6

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 slices bacon
- 12 oz lager beer
- 2 lb cabbage coarsely chopped
- 1 large apples i use 2 granny smith apples peeled sliced
- 2 teaspoons kosher salt divided
- 2 medium onions thinly sliced
- 3 teaspoons paprika divided
- 1.5 teaspoons pepper divided freshly ground

- 3 inch pork loin chops
- 2 teaspoons tsp. sage dried fresh divided chopped
- 2 teaspoons tsp. thyme dried fresh divided chopped
- 1 tablespoon tomato paste

Equipment

- frying pan
- paper towels

Directions

- Combine 2 tsp. paprika, 1 tsp. fresh or 1/2 tsp. dried thyme, 1 tsp. salt, 1 tsp. pepper, and 1 tsp. fresh or 1/2 tsp. dried sage; rub evenly over pork chops.
- Cook bacon slices in a large, deep skillet over medium-high heat 6 to 8 minutes or until crisp; remove bacon, and drain on paper towels, reserving drippings in skillet. Crumble bacon.
- Cook pork in hot drippings 3 minutes on each side or until browned and done; remove pork from pan, and keep warm.
- Add cabbage, onions, and apple to pan. Cover and reduce heat to medium; cook, stirring occasionally, 15 minutes or until cabbage begins to wilt.
- Add tomato paste, beer, bacon, remaining 1 tsp. paprika, 1 tsp. fresh or 1/2 tsp. dried thyme, 1 tsp. salt, 1/2 tsp. pepper, and 1 tsp. fresh or 1/2 tsp. dried sage, stirring to loosen particles from bottom of skillet. Cover and cook 15 minutes or until cabbage is tender and liquid is slightly thickened.
- Add pork, and cook, uncovered, 5 minutes or until thoroughly heated.
- *1 1/2 cups apple cider may be substituted.
- Note: For testing purposes only, we used Samuel Adams Boston Lager.

Nutrition Facts



PROTEIN 12.89% **FAT 23.46%** **CARBS 63.65%**

Properties

Glycemic Index:46.75, Glycemic Load:5.42, Inflammation Score:-9, Nutrition Score:20.117826033546%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg, Quercetin: 9.37mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 136.63kcal (6.83%), Fat: 3.45g (5.31%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 21.07g (7.02%), Net Carbohydrates: 15.05g (5.47%), Sugar: 10.69g (11.88%), Cholesterol: 5.69mg (1.9%), Sodium: 877.58mg (38.16%), Alcohol: 2.21g (100%), Alcohol %: 0.94% (100%), Protein: 4.27g (8.54%), Vitamin K: 117.8µg (112.19%), Copper: 2.11mg (105.42%), Vitamin C: 61.42mg (74.45%), Fiber: 6.02g (24.08%), Manganese: 0.48mg (23.76%), Folate: 77.69µg (19.42%), Vitamin B6: 0.33mg (16.62%), Vitamin A: 739.36IU (14.79%), Potassium: 448.45mg (12.81%), Vitamin B1: 0.15mg (10.31%), Calcium: 86.88mg (8.69%), Magnesium: 34.26mg (8.56%), Phosphorus: 82.5mg (8.25%), Iron: 1.42mg (7.87%), Vitamin B2: 0.12mg (7.28%), Vitamin B3: 1.32mg (6.59%), Vitamin B5: 0.5mg (5%), Vitamin E: 0.75mg (4.97%), Selenium: 3.1µg (4.43%), Zinc: 0.55mg (3.69%)