



Pork Chops with Apple Bacon Salad

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apples diced ()
- 2 tablespoons butter
- 0.3 cup celery leaves
- 0.3 cup bacon cooked (medium dice)
- 1 tablespoons grapeseed oil
- 2 tablespoons grapeseed oil
- 0.5 teaspoon ground pepper
- 32 ounce pork chops

- 0.3 cup onion red (julienne)
- 1 tablespoon salt
- 1 teaspoon salt
- 1 teaspoon sugar
- 0.3 cup balsamic vinegar white

Equipment

- frying pan
- stove

Directions

- Mix together the juice, salt and 1 gallon cold water. Submerge the pork chops and let brine in the refrigerator overnight.
- In a large saute pan over high heat, warm the oil. Then sprinkle the chops with the salt and pepper.
- Add the chops to the warmed oil, and then reduce the heat to medium. Sear the chops until browned, 4 to 5 minutes on the first side, and then flip and repeat the process on the second side. After cooking on the second side, remove the pork from the pan and drain out excess oil from the pan.
- To prepare the apple bacon salad: Return the pan to medium-high heat. Then add the oil, apples, bacon, onions and salt to the pan. Cook for 6 to 7 minutes, stirring throughout.
- Add the balsamic and sugar, and then reduce the vinegar for 2 minutes. After reducing, remove the pan from the stove and stir in the butter until smooth.
- Add the celery leaves.
- Serve the chops with a choice of sides and finish with the apple bacon salad.

Nutrition Facts

 **PROTEIN 37.21%**  **FAT 55.83%**  **CARBS 6.96%**

Properties

Glycemic Index:100.27, Glycemic Load:3.5, Inflammation Score:-5, Nutrition Score:28.284348031749%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg

Nutrients (% of daily need)

Calories: 568.42kcal (28.42%), Fat: 34.5g (53.07%), Saturated Fat: 11.03g (68.95%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 8.46g (3.08%), Sugar: 7.26g (8.07%), Cholesterol: 174mg (58%), Sodium: 2614.27mg (113.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.73g (103.45%), Selenium: 78.85µg (112.65%), Vitamin B1: 1.57mg (104.39%), Vitamin B3: 18.95mg (94.76%), Vitamin B6: 1.72mg (86.05%), Phosphorus: 554.95mg (55.5%), Potassium: 991.03mg (28.32%), Vitamin B2: 0.46mg (26.95%), Zinc: 3.81mg (25.39%), Vitamin E: 3.61mg (24.08%), Vitamin B12: 1.29µg (21.52%), Vitamin B5: 1.81mg (18.07%), Magnesium: 67.89mg (16.97%), Copper: 0.16mg (8.06%), Iron: 1.45mg (8.05%), Vitamin D: 0.94µg (6.24%), Manganese: 0.12mg (5.76%), Vitamin K: 5.96µg (5.68%), Vitamin A: 271.45IU (5.43%), Fiber: 1.22g (4.88%), Calcium: 35.28mg (3.53%), Vitamin C: 2.64mg (3.2%), Folate: 8.41µg (2.1%)