



Pork Chops with Apple Cider Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apple cider
- ☐ 0.3 cup apple cider vinegar
- ☐ 1 tablespoon butter
- ☐ 1 teaspoon dijon mustard
- ☐ 3 cloves garlic minced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 36 ounce center-cut pork chops boneless
- ☐ 1 pinch pepper flakes red

- ☐ 1 teaspoon rosemary minced
- ☐ 1 tablespoon vegetable oil

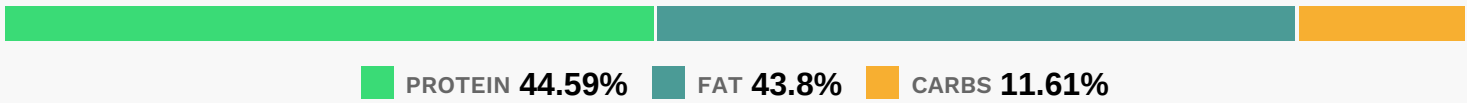
Equipment

- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Season pork chops with salt and black pepper.
- ☐ Heat oil and butter in a heavy skillet over medium–high heat. Cook pork chops in the hot oil mixture until browned on both sides and pork is slightly pink in the center, 5 to 7 minutes per side. An instant–read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- ☐ Remove pan from the heat; transfer pork chops to a plate.
- ☐ Stir garlic into the pan and place over medium–high heat; cook and stir for 30 seconds.
- ☐ Pour in vinegar and scrape up any browned bits from the bottom of the pan.
- ☐ Add apple cider and Dijon mustard, bring mixture to a boil, and cook until sauce is reduced and thick, 3 to 4 minutes. Stir in rosemary and red pepper flakes; season with salt and black pepper to taste.
- ☐ Return pork chops to the pan to warm slightly, 1 to 2 minutes per side.

Nutrition Facts



Properties

Glycemic Index:49.13, Glycemic Load:3.75, Inflammation Score:–3, Nutrition Score:20.211738962032%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg, Epicatechin: 3.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 341.79kcal (17.09%), Fat: 16.11g (24.78%), Saturated Fat: 5.74g (35.85%), Carbohydrates: 9.61g (3.2%), Net Carbohydrates: 9.34g (3.4%), Sugar: 7.64g (8.49%), Cholesterol: 118.98mg (39.66%), Sodium: 110.02mg (4.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.9g (73.8%), Selenium: 56.92µg (81.31%), Vitamin B1: 1.16mg (77.07%), Vitamin B3: 13.66mg (68.32%), Vitamin B6: 1.27mg (63.46%), Phosphorus: 394.7mg (39.47%), Potassium: 730.82mg (20.88%), Vitamin B2: 0.33mg (19.5%), Zinc: 2.68mg (17.89%), Vitamin B12: 0.91µg (15.09%), Vitamin B5: 1.29mg (12.91%), Magnesium: 49.71mg (12.43%), Manganese: 0.14mg (6.84%), Iron: 1.02mg (5.68%), Copper: 0.11mg (5.61%), Vitamin D: 0.68µg (4.54%), Vitamin K: 4.55µg (4.33%), Vitamin E: 0.48mg (3.2%), Calcium: 23.41mg (2.34%), Vitamin A: 72.64IU (1.45%), Vitamin C: 1.19mg (1.44%), Fiber: 0.26g (1.05%)