



Pork Chops with Apple Compote

 **Gluten Free**

READY IN



155 min.

SERVINGS



4

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 1 lemon zest grated for garnish
- 1 tablespoon olive oil
- 0.5 inch pork loin chops thick
- 2 tablespoons irvine spices roasted garlic pepper
- 1 teaspoon salt
- 2 tablespoons irvine spices smokey rotisserie seasoning

Equipment

- frying pan
- paper towels
- pot
- blender
- immersion blender

Directions

- Rinse pork chops to remove any residue and pat dry with paper towels.
- Combine the Smokey Rotisserie seasoning, the Roasted Garlic Pepper, and the salt to make a rub. Rub the seasoning into all surfaces of the pork chops and allow to sit covered for 2 hours. (The seasoning will actually begin to "cure" the meat.)
- Melt butter and oil over medium heat in a large saute pan.
- Saute the chops for 3 to 5 minutes each side, remove to a platter and keep warm. To the same pan, add the apples and saute until tender. Puree the apples and pan juices in a blender (or you can use an immersion blender if the pot is deep enough).
- Spoon pureed apple over chops and garnish with lemon zest.

Nutrition Facts



■ PROTEIN **2.82%**
■ FAT **78.4%**
■ CARBS **18.78%**

Properties

Glycemic Index:20, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:2.8191304495963%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 73.45kcal (3.67%), Fat: 6.76g (10.4%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 3.64g (1.21%), Net Carbohydrates: 2.96g (1.08%), Sugar: 0.34g (0.37%), Cholesterol: 7.74mg (2.58%), Sodium: 606.43mg (26.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Manganese: 0.54mg (27.19%), Vitamin C: 3.88mg (4.71%), Vitamin E: 0.65mg (4.34%), Iron: 0.7mg (3.88%), Vitamin B6: 0.07mg (3.33%), Vitamin K: 3.27µg (3.12%), Calcium: 30.97mg (3.1%), Fiber: 0.69g (2.75%), Vitamin A: 96.42IU (1.93%), Selenium: 1µg (1.43%), Copper: 0.03mg

(1.42%), Magnesium: 5.47mg (1.37%), Potassium: 40.51mg (1.16%), Phosphorus: 11.4mg (1.14%), Vitamin B1: 0.02mg (1.01%)