



Pork Chops with Apples

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



418 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 apples cored sliced
- ☐ 2 bay leaves
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon butter
- ☐ 4 celery leaves
- ☐ 4 celery stalks diced washed and finely
- ☐ 0.5 cup wine dry white
- ☐ 4 ounces jarlsberg cheese grated

☐ 4 medium pork chops canned (you can substitute veal chops if you prefer)

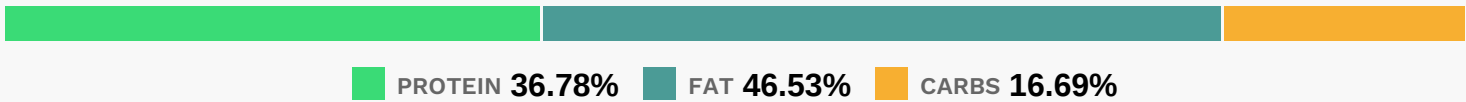
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 375 degrees. Butter a baking pan and place the pork chops in it.
- ☐ Press a clove into each chop.
- ☐ Add the white wine, celery leaves, and bay leaves and put the pan in the preheated oven.
- ☐ Bake the chops for 30 minutes.
- ☐ While the pork chops are baking, in a frying pan sauté the diced celery in the butter or 5 minutes, and then add the sliced apples and sprinkle with the brown sugar.
- ☐ Continue cooking over very low heat for 10 minutes, or until the apples are tender but not mushy.
- ☐ Finish the pork chops by removing the bay and celery leaves and sprinkling the cheese over the top of each chop; baste and then broil for a few minutes to brown the top.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From When French Women Cook: A Gastronomic Memoir by Madeleine Kamman Copyright (c) 2004 by Madeleine Kamman Published by Ten Speed Press.Madeleine Kamman was born in Paris and started her culinary career in 1940 at her aunt’s restaurant in the Touraine region of France. A revered culinary instructor since 1962, Kamman has written two other books: Dinner Against the Clock and The New Making of a Cook.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:3.46, Inflammation Score:-5, Nutrition Score:18.044782555622%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg, Epicatechin: 7.02mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg, Quercetin: 3.68mg

Nutrients (% of daily need)

Calories: 418.18kcal (20.91%), Fat: 20.4g (31.39%), Saturated Fat: 10.17g (63.59%), Carbohydrates: 16.47g (5.49%), Net Carbohydrates: 14.19g (5.16%), Sugar: 12.73g (14.15%), Cholesterol: 117.56mg (39.19%), Sodium: 276.33mg (12.01%), Alcohol: 3.09g (100%), Alcohol %: 1.33% (100%), Protein: 36.29g (72.59%), Selenium: 44.48µg (63.54%), Vitamin B1: 0.91mg (60.8%), Vitamin B3: 10.84mg (54.2%), Vitamin B6: 1.03mg (51.55%), Phosphorus: 320.47mg (32.05%), Calcium: 225.7mg (22.57%), Potassium: 636.58mg (18.19%), Vitamin B2: 0.28mg (16.49%), Zinc: 2.16mg (14.41%), Vitamin B12: 0.72µg (11.94%), Magnesium: 43.34mg (10.84%), Vitamin B5: 1.06mg (10.63%), Fiber: 2.28g (9.11%), Vitamin A: 370IU (7.4%), Vitamin C: 4.36mg (5.29%), Copper: 0.1mg (5.21%), Iron: 0.91mg (5.08%), Manganese: 0.09mg (4.37%), Vitamin K: 3.83µg (3.65%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.43mg (2.88%), Folate: 5.05µg (1.26%)