



Pork Chops with Apples

 Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 0.3 cup cider vinegar
- ☐ 0.3 cup flour all-purpose
- ☐ 2 large granny smith apples diced cored peeled
- ☐ 0.3 cup chicken broth low-sodium
- ☐ 4.5 inch thick pork chops bone-in
- ☐ 4 servings salt
- ☐ 1 shallots finely chopped

☐ 3 tablespoons vegetable oil

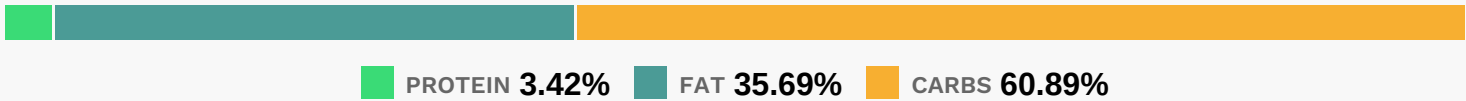
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Sprinkle pork chops with salt.
- ☐ Place flour in a shallow bowl and dredge chops on both sides.
- ☐ Warm 2 Tbsp. oil in a large skillet over medium-high heat. Cook chops until browned, 3 to 4 minutes on each side.
- ☐ Transfer to a plate and loosely cover with foil to keep warm.
- ☐ Add remaining 1 Tbsp. oil, shallot and apples to skillet. Cook, stirring, until softened, 2 to 3 minutes.
- ☐ Add jam, vinegar and broth; cook, stirring and scraping up any browned bits on bottom of skillet, until sauce has thickened, 1 to 2 minutes. Season sauce with salt, pour over chops and serve.

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:8.69, Inflammation Score:-3, Nutrition Score:5.2008695748189%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.48mg, Epicatechin: 8.48mg, Epicatechin: 8.48mg, Epicatechin: 8.48mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 263.01kcal (13.15%), Fat: 10.88g (16.74%), Saturated Fat: 1.71g (10.72%), Carbohydrates: 41.76g (13.92%), Net Carbohydrates: 38.58g (14.03%), Sugar: 25.02g (27.8%), Cholesterol: 1.97mg (0.66%), Sodium: 214.38mg (9.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Vitamin K: 21.28µg (20.27%), Fiber: 3.18g (12.7%), Vitamin C: 8.23mg (9.98%), Manganese: 0.16mg (8.01%), Vitamin E: 1.08mg (7.23%), Vitamin B1: 0.1mg (6.53%), Selenium: 4.3µg (6.14%), Potassium: 204.74mg (5.85%), Folate: 20.06µg (5.02%), Vitamin B2: 0.09mg (5.01%), Vitamin B6: 0.1mg (4.9%), Vitamin B3: 0.98mg (4.89%), Iron: 0.8mg (4.44%), Copper: 0.09mg (4.35%), Phosphorus: 36.93mg (3.69%), Magnesium: 11.4mg (2.85%), Vitamin A: 121.26IU (2.43%), Calcium: 18.39mg (1.84%), Vitamin B5: 0.15mg (1.46%), Zinc: 0.21mg (1.43%)