



## Pork chops with apples and onions

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pork chops bone-in (loin or shoulder, )
- 4 servings pepper black
- 1 Tbs unrefined sunflower oil
- 2 Tbs butter unsalted
- 1 large onion white sliced
- 3 cups apples cored sliced (2 to 3 apples)
- 1 cup wine

### Equipment

frying pan

## Directions

- Season the chops with salt and pepper on both sides. Saut the pork chops in hot oil for 5 minutes on each side until browned.
- Transfer the chops to a warm plate.
- Swirl the butter into the pan, and add the onion and apples. Saut until the onion slices are lightly caramelized and the apples have begun to soften, about 8 minutes.
- Stir in the wine or other liquid. Return chops to the pan.
- Cook until the pork is tender, about 15 more minutes (depending on the size of the chops), turning halfway through and covering the chops with the apple mixture.
- Serve the chops over rice or mashed potatoes with a large spoonful of the apple-onion mixture over the top.
- Easy suggestion: replace the onion with leeks or add a sliced potato. You can deglaze the pan with beer, cider, chicken broth, or even water.

## Nutrition Facts



## Properties

Glycemic Index:26.5, Glycemic Load:4.44, Inflammation Score:-6, Nutrition Score:21.230869565217%

## Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.39mg, Epicatechin: 7.39mg, Epicatechin: 7.39mg, Epicatechin: 7.39mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg, Quercetin: 11.4mg

## Nutrients (% of daily need)

Calories: 483.2kcal (24.16%), Fat: 24.76g (38.1%), Saturated Fat: 9.11g (56.93%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 15.16g (5.51%), Sugar: 11.92g (13.25%), Cholesterol: 132.22mg (44.07%), Sodium: 99.46mg (4.32%), Alcohol: 6.18g (34.33%), Protein: 35.87g (71.74%), Selenium: 57.61µg (82.31%), Vitamin B6: 1.3mg (64.77%), Vitamin B1: 0.86mg (57.25%), Vitamin B3: 11.42mg (57.08%), Phosphorus: 388.1mg (38.81%), Potassium: 782.08mg (22.35%), Vitamin B2: 0.37mg (21.56%), Zinc: 3.18mg (21.21%), Vitamin B12: 0.91µg (15.17%), Magnesium: 57.13mg (14.28%), Vitamin B5: 1.33mg (13.33%), Vitamin E: 1.98mg (13.22%), Fiber: 2.91g (11.65%), Manganese: 0.18mg (8.81%), Vitamin C: 7.09mg (8.59%), Iron: 1.43mg (7.96%), Copper: 0.15mg (7.58%), Vitamin D: 0.95µg (6.36%), Calcium: 54mg (5.4%), Vitamin A: 239.52IU (4.79%), Vitamin K: 3.3µg (3.14%), Folate: 10.77µg (2.69%)