



Pork Chops With Apples and Onions

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

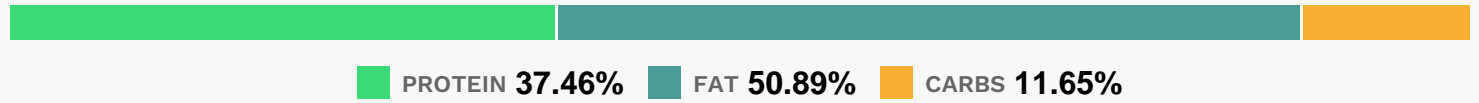
- 6 pork chops bone-in thick (loin or shoulder)
- 1 serving pepper black freshly ground
- 1 tablespoon olive oil extra virgin extra-virgin
- 2 tablespoons butter unsalted
- 1 large onion white sliced
- 3 cups apples cored sliced
- 1 cup chicken broth

Equipment

Directions

- Pork Chops with Pineapple–Cilantro Rice
- Parmesan–Crusted Pork Chops with Tomatoes
- Pork Chops with Bacon and Cabbage
- Broiled Pork Chops With Yellow–Pepper Puttanesca
- Vinegared Pork Chop Milanese

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:2.8, Inflammation Score:-4, Nutrition Score:19.684347702109%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg, Quercetin: 7.58mg

Nutrients (% of daily need)

Calories: 387.13kcal (19.36%), Fat: 21.64g (33.29%), Saturated Fat: 7.83g (48.91%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 9.22g (3.35%), Sugar: 7.73g (8.59%), Cholesterol: 127.77mg (42.59%), Sodium: 240.72mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.83g (71.67%), Selenium: 57.62µg (82.31%), Vitamin B6: 1.24mg (61.86%), Vitamin B3: 11.39mg (56.97%), Vitamin B1: 0.85mg (56.85%), Phosphorus: 371.09mg (37.11%), Vitamin B2: 0.37mg (21.65%), Zinc: 3.1mg (20.66%), Potassium: 693.17mg (19.8%), Vitamin B12: 0.91µg (15.24%), Vitamin B5: 1.27mg (12.71%), Magnesium: 48.51mg (12.13%), Fiber: 1.93g (7.72%), Copper: 0.14mg (7.01%), Iron: 1.24mg (6.88%), Vitamin D: 0.92µg (6.12%), Vitamin C: 4.72mg (5.73%), Vitamin E: 0.78mg (5.21%), Calcium: 44.49mg (4.45%), Manganese: 0.09mg (4.32%), Vitamin A: 161.91IU (3.24%), Vitamin K: 3.23µg (3.08%), Folate: 6.77µg (1.69%)