



Pork Chops with Apples and Pancetta

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



726 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice unsweetened
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup brandy
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.5 cup heavy whipping cream
- ☐ 1.3 teaspoons kosher salt
- ☐ 5 teaspoons olive oil extra-virgin

- ☐ 1 medium onion diced finely
- ☐ 3 ounces pancetta thinly sliced coarsely chopped
- ☐ 32 ounce center-cut pork chops bone-in each 3/
- ☐ 2 large golden delicious apples cored peeled cut into 1/2-inch-thick slices 3 cups
- ☐ 0.5 teaspoon sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large nonstick skillet, heat 2 teaspoons of the oil over medium-high heat.
- ☐ Add the pancetta and cook until crisp and light golden, about 3 minutes. Using a slotted spoon, remove the pancetta and drain on paper towels.
- ☐ Melt the butter in the same skillet.
- ☐ Add the apples and sprinkle with the sugar and cook until tender and deep golden brown, stirring frequently, about 5 minutes.
- ☐ Transfer the apples and any juices from skillet to a small bowl.
- ☐ Sprinkle the pork chops with 1 teaspoon of the salt and 3/4 teaspoon of the pepper.
- ☐ Add the pork chops and 2 teaspoons of the oil into the same skillet and brown for 2 minutes per side.
- ☐ Transfer the chops to a plate and cover to keep warm.
- ☐ Add the remaining teaspoon of oil, cream, brandy, apple juice, thyme and onions to the same skillet and bring to a simmer. Return the apples and pork chops back into the pan and simmer until cooked through, 10 to 12 minutes. Season the sauce with the remaining salt and pepper.
- ☐ Garnish with the reserved pancetta bits.

Nutrition Facts

PROTEIN 30.93% FAT 56.34% CARBS 12.73%

Properties

Glycemic Index:77.96, Glycemic Load:5.79, Inflammation Score:-9, Nutrition Score:30.37739135908%

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: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg, Catechin: 1.64mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 9.13mg, Epicatechin: 9.13mg, Epicatechin: 9.13mg, Epicatechin: 9.13mg 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 Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg, Quercetin: 10.14mg

Nutrients (% of daily need)

Calories: 725.59kcal (36.28%), Fat: 43.03g (66.2%), Saturated Fat: 17.77g (111.08%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 18.45g (6.71%), Sugar: 15.63g (17.36%), Cholesterol: 207.13mg (69.04%), Sodium: 1010.15mg (43.92%), Alcohol: 5.01g (100%), Alcohol %: 1.38% (100%), Protein: 53.15g (106.3%), Selenium: 80.45µg (114.93%), Vitamin B1: 1.61mg (107.62%), Vitamin B3: 19.16mg (95.81%), Vitamin B6: 1.8mg (90.01%), Phosphorus: 585.05mg (58.5%), Vitamin B2: 0.54mg (31.72%), Potassium: 1105.51mg (31.59%), Zinc: 3.97mg (26.45%), Vitamin B12: 1.36µg (22.7%), Vitamin B5: 1.97mg (19.67%), Magnesium: 75.24mg (18.81%), Fiber: 3.44g (13.76%), Vitamin A: 652.89IU (13.06%), Vitamin E: 1.67mg (11.16%), Vitamin C: 9.08mg (11.01%), Copper: 0.2mg (9.89%), Vitamin D: 1.47µg (9.79%), Iron: 1.73mg (9.58%), Manganese: 0.19mg (9.5%), Vitamin K: 7.59µg (7.23%), Calcium: 58.44mg (5.84%), Folate: 10.4µg (2.6%)