



Pork Chops with Apples and Sage



Gluten Free



Dairy Free

READY IN



505 min.

SERVINGS



4

CALORIES



457 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups apple juice
- ☐ 0.5 cup brown sugar packed
- ☐ 0.3 cup kosher salt (coarse)
- ☐ 16 oz pork chops boneless
- ☐ 0.5 teaspoon pepper
- ☐ 2 teaspoons olive oil
- ☐ 1.3 lb apples i use 2 granny smith apples peeled sliced
- ☐ 1 tablespoon brown sugar packed

☐ 1 tablespoon sage dried fresh chopped

Equipment

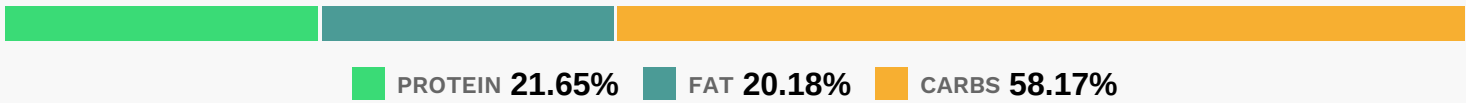
☐ frying pan

☐ ziploc bags

Directions

- ☐ In large resealable food-storage plastic bag, mix 2 cups of the apple juice, 1/2 cup brown sugar and the salt.
- ☐ Add pork chops; seal bag. Refrigerate 8 hours, turning bag occasionally.
- ☐ Drain pork chops, discarding marinade. Pat pork dry; sprinkle with 1/4 teaspoon of the pepper. In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Add pork chops; cook 3 minutes on each side. Reduce heat to medium-low; cook 1 to 2 minutes longer on each side or until pork is no longer pink in center.
- ☐ Remove pork chops from skillet; cover to keep warm.
- ☐ Add apples to skillet; cook 4 minutes, stirring frequently, until lightly browned.
- ☐ Add 1 tablespoon brown sugar, the sage and remaining 1/2 cup apple juice and 1/4 teaspoon pepper. Increase heat to medium-high; cook 3 minutes or until apples are soft. Spoon apples over pork chops.

Nutrition Facts



Properties

Glycemic Index:26.19, Glycemic Load:12.21, Inflammation Score:-4, Nutrition Score:21.255217427793%

Flavonoids

Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg, Cyanidin: 2.26mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 17.97mg, Epicatechin: 17.97mg, Epicatechin: 17.97mg, Epicatechin: 17.97mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg

Epigallocatechin 3–gallate: 0.27mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg
Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.58mg, Quercetin: 6.58mg, Quercetin: 6.58mg,
Quercetin: 6.58mg

Nutrients (% of daily need)

Calories: 457.16kcal (22.86%), Fat: 10.4g (15.99%), Saturated Fat: 3.17g (19.84%), Carbohydrates: 67.41g (22.47%),
Net Carbohydrates: 63.53g (23.1%), Sugar: 59.24g (65.82%), Cholesterol: 75.98mg (25.33%), Sodium: 7144.09mg
(310.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.09g (50.17%), Copper: 4.69mg (234.52%), Vitamin
B1: 0.82mg (54.51%), Selenium: 38.09µg (54.41%), Vitamin B3: 9.34mg (46.68%), Vitamin B6: 0.92mg (46.13%),
Phosphorus: 284.89mg (28.49%), Potassium: 782.96mg (22.37%), Manganese: 0.39mg (19.56%), Vitamin B2:
0.28mg (16.19%), Fiber: 3.88g (15.53%), Zinc: 1.9mg (12.69%), Magnesium: 50.23mg (12.56%), Vitamin B5: 1.03mg
(10.31%), Vitamin B12: 0.6µg (10.02%), Vitamin C: 7.92mg (9.59%), Iron: 1.4mg (7.8%), Calcium: 69.5mg (6.95%),
Vitamin E: 0.71mg (4.72%), Vitamin K: 4.73µg (4.51%), Vitamin D: 0.45µg (3.02%), Vitamin A: 84IU (1.68%), Folate:
4.6µg (1.15%)