



Pork Chops with Apples and Sage

 **Gluten Free**  **Dairy Free**

READY IN



505 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

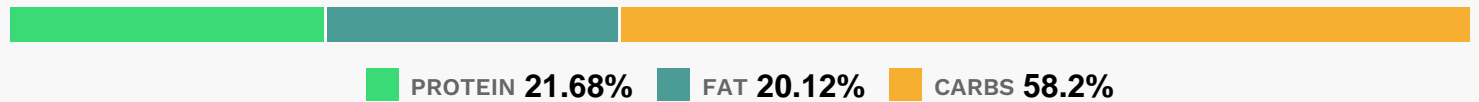
Equipment

- 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:16.729130641274%

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 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: 454.98kcal (22.75%), Fat: 10.32g (15.88%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 67.16g (22.39%), Net Carbohydrates: 63.38g (23.05%), Sugar: 59.24g (65.82%), Cholesterol: 75.98mg (25.33%), Sodium: 7144.01mg (310.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.02g (50.05%), Selenium: 38.09µg (54.41%), Vitamin B1: 0.81mg (54.22%), Vitamin B3: 9.34mg (46.68%), Vitamin B6: 0.92mg (46.13%), Phosphorus: 284.34mg (28.43%), Potassium: 776.56mg (22.19%), Vitamin B2: 0.27mg (16.08%), Fiber: 3.78g (15.1%), Zinc: 1.88mg (12.5%), Manganese: 0.24mg (12.1%), Magnesium: 47.68mg (11.92%), Vitamin B5: 1.03mg (10.31%), Vitamin B12: 0.6µg (10.02%), Vitamin C: 7.92mg (9.59%), Copper: 0.14mg (7.18%), Iron: 1.24mg (6.86%), Calcium: 59.67mg (5.97%), 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%)