



Pork Chops with Apples, Onions, and Sweet Potatoes



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 apples cored peeled sliced into rings
- ☐ 2 teaspoons pepper black freshly ground
- ☐ 3 tablespoons brown sugar
- ☐ 2 onions sliced into rings
- ☐ 4 pork chops
- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper to taste

☐ 2 sweet potatoes sliced

Equipment

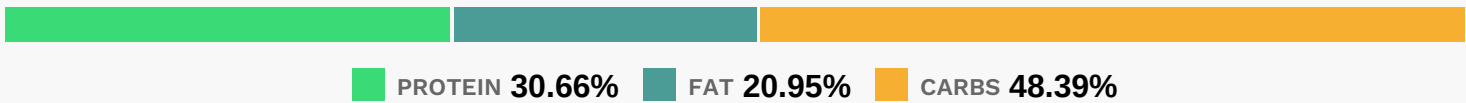
☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Season pork chops with salt and pepper to taste, and arrange in a medium oven safe skillet. Top pork chops with onions, sweet potatoes, and apples.
- ☐ Sprinkle with brown sugar. Season with 2 teaspoons pepper and 1 teaspoon salt.
- ☐ Cover, and bake 1 hour in the preheated oven, until sweet potatoes are tender and pork chops have reached an internal temperature of 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:15.8, Inflammation Score:-10, Nutrition Score:27.609130102655%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 14.83mg, Quercetin: 14.83mg, Quercetin: 14.83mg, Quercetin: 14.83mg

Nutrients (% of daily need)

Calories: 410.91kcal (20.55%), Fat: 9.6g (14.77%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 49.9g (16.63%), Net Carbohydrates: 43.14g (15.69%), Sugar: 25.26g (28.06%), Cholesterol: 89.78mg (29.93%), Sodium: 907.46mg (39.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.21%), Vitamin A: 16092.38IU (321.85%), Vitamin B1: 1.02mg (68.25%), Vitamin B6: 1.32mg (65.95%), Selenium: 45.47µg (64.95%), Vitamin B3: 11.5mg (57.51%), Phosphorus: 383.85mg (38.38%), Potassium: 1083.72mg (30.96%), Fiber: 6.76g (27.05%), Manganese: 0.54mg (26.95%), Vitamin B2: 0.36mg (21.01%), Vitamin B5: 2.03mg (20.27%), Magnesium: 75.68mg (18.92%), Zinc: 2.56mg (17.08%), Copper: 0.31mg (15.49%), Vitamin C: 10.97mg (13.29%), Vitamin B12: 0.71µg (11.84%), Iron: 1.75mg (9.73%), Calcium: 73.77mg (7.38%), Folate: 25.87µg (6.47%), Vitamin K: 5.89µg (5.61%), Vitamin E: 0.65mg (4.35%), Vitamin D: 0.54µg (3.57%)