



Pork Chops with Apples, Onions, and Sweet Potatoes

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

READY IN



75 min.

SERVINGS



4

CALORIES



445 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
- 3 tablespoons brown sugar
- 2 onion sliced into rings
- 4 pork chops
- 1 teaspoon salt

- 4 servings salt and pepper to taste
- 2 sweet potatoes and into sliced

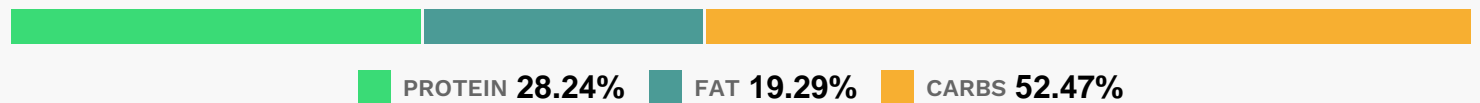
Equipment

- 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:27.728260714075%

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: 445.11kcal (22.26%), Fat: 9.6g (14.77%), Saturated Fat: 3.37g (21.04%), Carbohydrates: 58.73g (19.58%), Net Carbohydrates: 51.97g (18.9%), Sugar: 33.99g (37.76%), Cholesterol: 89.78mg (29.93%), Sodium: 909.98mg (39.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.62g (63.24%), Vitamin A: 16092.38IU (321.85%), Vitamin B1: 1.02mg (68.25%), Vitamin B6: 1.32mg (66.13%), Selenium: 45.57µg (65.11%), Vitamin B3: 11.51mg (57.56%), Phosphorus: 384.21mg (38.42%), Potassium: 1095.69mg (31.31%), Manganese: 0.54mg (27.24%), Fiber: 6.76g (27.05%), Vitamin B2: 0.36mg (21.01%), Vitamin B5: 2.04mg (20.39%), Magnesium: 76.49mg (19.12%), Zinc: 2.57mg (17.1%), Copper: 0.31mg (15.7%), Vitamin C: 10.97mg (13.29%), Vitamin B12: 0.71µg (11.84%), Iron: 1.82mg (10.09%), Calcium: 81.24mg (8.12%), Folate: 25.96µg (6.49%), Vitamin K: 5.89µg (5.61%), Vitamin E: 0.65mg (4.35%), Vitamin D: 0.54µg (3.57%)