



Pork Chops with Apples, Sweet Potatoes, and Sauerkraut



Gluten Free



Dairy Free

READY IN



315 min.

SERVINGS



4

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 apples cored peeled sliced
- ☐ 4 servings pepper black freshly ground to taste
- ☐ 1 tablespoon brown sugar
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 medium onion sliced
- ☐ 4 pork chops boneless
- ☐ 0.3 teaspoon salt

- ☐ 16 ounce sauerkraut drained canned
- ☐ 2 medium sweet potatoes peeled sliced

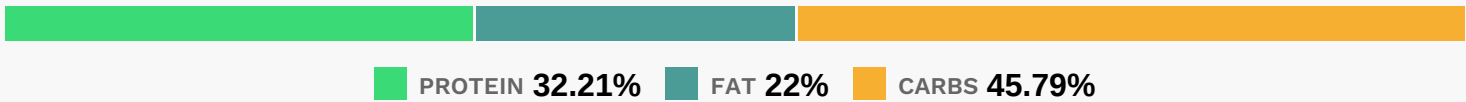
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Heat a skillet over medium-high heat and coat with cooking spray. Quickly brown the pork chops on each side. Set aside.
- ☐ Arrange sweet potato slices in the bottom of a 3 to 4 quart slow cooker. Cover with the onion slices, then the apple slices.
- ☐ Sprinkle brown sugar, nutmeg and salt over the apples, and grind a little pepper.
- ☐ Place the pork chops on top of the pile, and cover with sauerkraut. Cover, and cook on Low for about 5 hours. It can go an extra hour without drying out though.
- ☐ Serve pork and vegetables with juice from the slow cooker spooned over them.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:15.67, Inflammation Score:-10, Nutrition Score:31.11043472912%

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: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin:

9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg, Quercetin: 9.25mg

Nutrients (% of daily need)

Calories: 397.71kcal (19.89%), Fat: 9.79g (15.06%), Saturated Fat: 3.45g (21.53%), Carbohydrates: 45.85g (15.28%), Net Carbohydrates: 36.44g (13.25%), Sugar: 20.35g (22.62%), Cholesterol: 89.78mg (29.93%), Sodium: 1024.28mg (44.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.25g (64.5%), Vitamin A: 16107.57IU (322.15%), Vitamin B6: 1.43mg (71.43%), Vitamin B1: 1.03mg (68.99%), Selenium: 45.9µg (65.56%), Vitamin B3: 11.62mg (58.09%), Phosphorus: 397.43mg (39.74%), Fiber: 9.41g (37.63%), Potassium: 1217.15mg (34.78%), Vitamin C: 25.61mg (31.04%), Manganese: 0.56mg (28.09%), Vitamin B2: 0.37mg (21.95%), Magnesium: 86.03mg (21.51%), Vitamin B5: 2.08mg (20.78%), Copper: 0.4mg (19.76%), Zinc: 2.72mg (18.15%), Vitamin K: 19.05µg (18.14%), Iron: 3.23mg (17.96%), Folate: 47.84µg (11.96%), Vitamin B12: 0.71µg (11.84%), Calcium: 92.57mg (9.26%), Vitamin E: 0.8mg (5.31%), Vitamin D: 0.54µg (3.57%)