



# Pork Chops with Apples, Sweet Potatoes, and Sauerkraut

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

READY IN



315 min.

SERVINGS



4

CALORIES



409 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
- 1 tablespoon brown sugar
- 0.5 teaspoon nutmeg
- 1 medium onion sliced
- 4 pork chops boneless ()

- 0.3 teaspoon salt
- 16 ounce sauerkraut drained canned
- 2 medium sweet potatoes and into peeled sliced

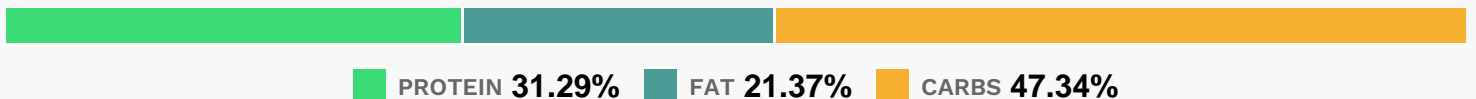
## Equipment

- 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:31.150434815365%

## 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: 409.11kcal (20.46%), Fat: 9.79g (15.06%), Saturated Fat: 3.45g (21.53%), Carbohydrates: 48.79g (16.26%), Net Carbohydrates: 39.38g (14.32%), Sugar: 23.26g (25.85%), Cholesterol: 89.78mg (29.93%), Sodium: 1025.12mg (44.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.25g (64.51%), Vitamin A: 16107.57IU (322.15%), Vitamin B6: 1.43mg (71.49%), Vitamin B1: 1.03mg (68.99%), Selenium: 45.93µg (65.62%), Vitamin B3: 11.62mg (58.11%), Phosphorus: 397.55mg (39.75%), Fiber: 9.41g (37.63%), Potassium: 1221.14mg (34.89%), Vitamin C: 25.61mg (31.04%), Manganese: 0.56mg (28.18%), Vitamin B2: 0.37mg (21.95%), Magnesium: 86.3mg (21.58%), Vitamin B5: 2.08mg (20.82%), Copper: 0.4mg (19.83%), Zinc: 2.72mg (18.16%), Vitamin K: 19.05µg (18.14%), Iron: 3.25mg (18.08%), Folate: 47.87µg (11.97%), Vitamin B12: 0.71µg (11.84%), Calcium: 95.06mg (9.51%), Vitamin E: 0.8mg (5.31%), Vitamin D: 0.54µg (3.57%)