



Pork Chops with Cider Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups apple cider
- ☐ 1 tablespoon sage fresh finely chopped
- ☐ 2 tablespoons olive oil
- ☐ 2 onion thinly sliced
- ☐ 4 pork chops bone-in
- ☐ 4 servings salt and pepper

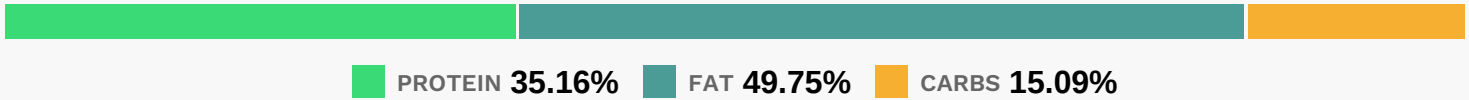
Equipment

- ☐ frying pan

Directions

- ☐ Season pork chops with salt and pepper. In a nonstick skillet over medium-high heat, warm olive oil.
- ☐ Add onions and cook, stirring, until softened and golden, about 5 minutes. Push onions to edges of skillet and add chops. Cook, turning once, until browned, about 6 minutes total.
- ☐ Sprinkle sage over chops and pour cider into pan. Bring to a boil, cover, reduce heat to medium-low and simmer until chops are cooked through, 8 to 10 minutes.
- ☐ Remove chops from pan, raise heat to high, and boil sauce until reduced and thickened, 2 to 3 minutes.
- ☐ Pour sauce and onions over chops and serve.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:5.14, Inflammation Score:-4, Nutrition Score:24.527826018308%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg, Quercetin: 11.68mg

Nutrients (% of daily need)

Calories: 414.92kcal (20.75%), Fat: 22.55g (34.69%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 15.39g (5.13%), Net Carbohydrates: 14.17g (5.15%), Sugar: 10.85g (12.05%), Cholesterol: 116.96mg (38.99%), Sodium: 292.97mg (12.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.86g (71.72%), Copper: 4.69mg (234.3%), Selenium: 57.65µg (82.36%), Vitamin B6: 1.26mg (63.17%), Vitamin B1: 0.87mg (58.03%), Vitamin B3: 11.35mg (56.74%), Phosphorus: 376.95mg (37.7%), Potassium: 757.58mg (21.65%), Zinc: 3.14mg (20.93%), Vitamin B2: 0.35mg (20.71%), Vitamin B12: 0.9µg (14.97%), Manganese: 0.3mg (14.9%), Magnesium: 54.86mg (13.71%), Vitamin B5: 1.3mg (13.04%), Iron: 1.5mg (8.32%), Vitamin E: 1.23mg (8.21%), Calcium: 61.96mg (6.2%), Vitamin C: 4.87mg (5.9%), Vitamin D: 0.85µg (5.65%), Fiber: 1.22g (4.88%), Vitamin K: 4.43µg (4.22%), Folate: 10.45µg (2.61%)