



Pork Chops with Cran-Apple Sauce, Parsley Potatoes and Sugar Snap Peas

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup concentrated cran-apple juice canned
- ☐ 5 mcintosh apples peeled
- ☐ 2 tablespoons butter
- ☐ 4 servings coarse salt and pepper
- ☐ 1 handful flat-leaf parsley leaves chopped
- ☐ 4 servings drizzle olive oil extra-virgin
- ☐ 4 center-cut pork loin chops boneless

- ☐ 1.5 pounds skinned potatoes red halved
- ☐ 1 teaspoon sugar
- ☐ 1.5 pounds sugar snap peas washed
- ☐ 0.5 cup cranberries dried sweetened

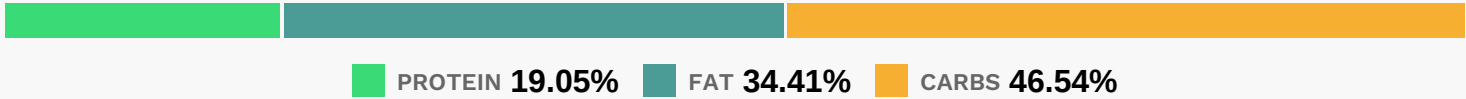
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Preheat a nonstick skillet over medium high heat.
- ☐ Drizzle chops with extra virgin olive oil, just enough to lightly coat the meat on both sides.
- ☐ Place the chops in a hot pan and cook 6 to 7 minutes on each side under a loose tin foil tent. The tent will reflect heat back into pan while allowing steam to escape.
- ☐ Once the chops are turned, season with seasoning blend or coarse salt and pepper, to your taste. After the chops are cooked through, remove from heat and let stand 5 minutes for juices to redistribute before serving.
- ☐ In a medium saucepan, working over medium to medium high heat, combine apples, sweetened dried cranberries, and cran-apple juice concentrate. Cook apples into a chunky sauce, about 10 minutes.
- ☐ Remove cran-apple sauce from heat and let it settle.
- ☐ Simmer potatoes in just enough water to cover them for 10 minutes or until fork tender.
- ☐ Drain and return potatoes to hot pot to dry them out. Toss potatoes with butter, parsley, and a little salt.
- ☐ Steam snap peas in 1 cup boiling water and 1 teaspoon sugar combined. Cook covered for 3 to 5 minutes and drain with slotted spoon when serving.
- ☐ Serve chops with cran-apple sauce and sides of potatoes and snap peas.

Nutrition Facts



Properties

Glycemic Index:56.21, Glycemic Load:11.81, Inflammation Score:-10, Nutrition Score:42.899130209633%

Flavonoids

Cyanidin: 3.68mg, Cyanidin: 3.68mg, Cyanidin: 3.68mg, Cyanidin: 3.68mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.73mg, Catechin: 3.73mg, Catechin: 3.73mg, Catechin: 3.73mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 20.05mg, Epicatechin: 20.05mg, Epicatechin: 20.05mg, Epicatechin: 20.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg, Quercetin: 11.27mg

Nutrients (% of daily need)

Calories: 769.86kcal (38.49%), Fat: 30.2g (46.46%), Saturated Fat: 9.03g (56.44%), Carbohydrates: 91.9g (30.63%), Net Carbohydrates: 78.16g (28.42%), Sugar: 50.63g (56.26%), Cholesterol: 104.83mg (34.94%), Sodium: 346.9mg (15.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.62g (75.25%), Vitamin C: 129.07mg (156.45%), Vitamin B1: 1.34mg (89.44%), Vitamin B6: 1.65mg (82.27%), Vitamin K: 78.93µg (75.17%), Vitamin B3: 14.03mg (70.15%), Selenium: 46.63µg (66.61%), Potassium: 1934.85mg (55.28%), Fiber: 13.73g (54.94%), Phosphorus: 529.59mg (52.96%), Vitamin A: 2248.86IU (44.98%), Manganese: 0.83mg (41.6%), Iron: 6mg (33.33%), Magnesium: 128.81mg (32.2%), Vitamin B2: 0.51mg (30.25%), Vitamin B5: 2.94mg (29.38%), Folate: 110.61µg (27.65%), Copper: 0.52mg (25.87%), Vitamin E: 3.77mg (25.16%), Zinc: 3.23mg (21.56%), Calcium: 122.84mg (12.28%), Vitamin B12: 0.72µg (12.03%), Vitamin D: 0.54µg (3.57%)