



Pork Chops with Fruit Relish

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apricot preserves
- 0.3 teaspoon pepper black
- 0.5 cup apricots dried chopped
- 2 teaspoons thyme leaves fresh divided chopped
- 1 small apples i use 2 granny smith apples diced peeled
- 1 teaspoon olive oil
- 0.5 cup orange juice
- 24 ounce center-cut loin pork chops bone-in trimmed (1/)

- 0.5 teaspoon salt
- 0.5 cup cranberries dried sweetened

Equipment

- frying pan
- sauce pan

Directions

- Combine orange juice and preserves in a small saucepan; bring to a boil.
- Remove from heat; stir in cranberries and apricots. Cover and let stand 15 minutes or until liquid is nearly absorbed.
- . While relish stands, sprinkle chops with 1 teaspoon thyme, salt, and pepper.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chops; cook 4 minutes on each side or until well browned.
- . Stir remaining 1 teaspoon thyme and apple into fruit relish.
- Serve chops with relish.

Nutrition Facts



Properties

Glycemic Index:48.6, Glycemic Load:6.07, Inflammation Score:-9, Nutrition Score:23.812608428623%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg, Catechin: 0.5mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg, Epicatechin: 2.82mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg

Luteolin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 405.06kcal (20.25%), Fat: 13.21g (20.32%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 31.5g (11.45%), Sugar: 28.33g (31.47%), Cholesterol: 113.97mg (37.99%), Sodium: 377.53mg (16.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.65g (75.3%), Selenium: 56.89µg (81.27%), Vitamin B1: 1.17mg (78.25%), Vitamin B3: 14.27mg (71.35%), Vitamin B6: 1.3mg (64.82%), Phosphorus: 407.94mg (40.79%), Potassium: 943.92mg (26.97%), Vitamin C: 19.45mg (23.57%), Vitamin B2: 0.36mg (20.94%), Zinc: 2.77mg (18.46%), Vitamin B12: 0.9µg (15.03%), Vitamin A: 733.01IU (14.66%), Vitamin B5: 1.44mg (14.42%), Magnesium: 57.33mg (14.33%), Fiber: 3.13g (12.53%), Copper: 0.2mg (9.83%), Vitamin E: 1.47mg (9.83%), Iron: 1.67mg (9.27%), Manganese: 0.14mg (7.18%), Vitamin D: 0.68µg (4.54%), Calcium: 33.65mg (3.36%), Vitamin K: 3.31µg (3.15%), Folate: 12.56µg (3.14%)