



Pork Chops with Golden Apple Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons butter
- 2 cups cider for pan sauce
- 1 inch ginger root fresh
- 2 ounces golden raisins
- 0.5 teaspoon ground cinnamon
- 2 teaspoons juice of lemon
- 3 tablespoons brown sugar light
- 0.3 teaspoon nutmeg freshly grated

- 2 tablespoons olive oil
- 4 inch center pork loin chops boneless thick cut
- 4 golden delicious apples chopped
- 6 servings salt and pepper

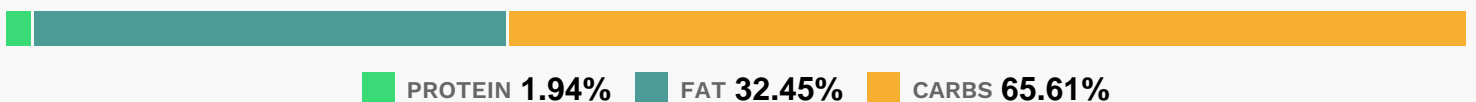
Equipment

- frying pan
- pot
- tongs

Directions

- Watch how to make this recipe.
- Combine first 8 ingredients in a medium pot placed over medium high heat and cook until a chunky sauce forms, 10 to 12 minutes, stirring occasionally. If sauce begins to spatter as it bubbles, reduce heat back a little, but it should be allowed to reduce and form quickly. Once apples are soft and sauce forms, remove it from the heat.
- Heat a large nonstick skillet over medium high heat.
- Add oil to the pan. Season chops on 1 side with salt and pepper. Using a pair of tongs, add chops to hot skillet seasoned side down. Season the opposite side of the chops with salt and pepper. Brown and caramelize the chops 2 minutes on each side, then reduce heat to medium and cook another 5 to 6 minutes, turning occasionally, until juices run clear.
- Remove chops from heat and let them rest a couple of minutes for juice to redistribute. Deglaze the pan with a splash of apple juice and 2 tablespoons of butter.
- Pour pan sauce over chops.
- Remove ginger from the sauce and top chops with generous portions of warm golden apple sauce.

Nutrition Facts



Properties

Glycemic Index:44.9, Glycemic Load:12.26, Inflammation Score:-3, Nutrition Score:4.2395652126035%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 13.03mg, Epicatechin: 13.03mg, Epicatechin: 13.03mg, Epicatechin: 13.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 230.38kcal (11.52%), Fat: 8.79g (13.52%), Saturated Fat: 3.2g (20.02%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 36.4g (13.24%), Sugar: 32.08g (35.64%), Cholesterol: 11.1mg (3.7%), Sodium: 232.16mg (10.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.37%), Fiber: 3.59g (14.36%), Vitamin K: 11.72µg (11.16%), Vitamin C: 7.34mg (8.9%), Potassium: 306.86mg (8.77%), Manganese: 0.17mg (8.58%), Vitamin B6: 0.11mg (5.68%), Vitamin E: 0.73mg (4.86%), Copper: 0.09mg (4.26%), Vitamin B2: 0.07mg (4.07%), Magnesium: 15.44mg (3.86%), Vitamin A: 183.64IU (3.67%), Phosphorus: 35.98mg (3.6%), Vitamin B1: 0.05mg (3.17%), Iron: 0.49mg (2.74%), Calcium: 27.32mg (2.73%), Vitamin B3: 0.4mg (1.99%), Vitamin B5: 0.16mg (1.59%), Folate: 4.66µg (1.16%), Selenium: 0.75µg (1.08%)