



Pork Chops with Mustard Glazed Apple and Onion

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apple cider
- 2 garlic cloves minced
- 1 large apples i use 2 granny smith apples peeled thinly sliced
- 0.5 cup dijon honey mustard
- 1 medium onion halved thinly sliced
- 1 teaspoon pepper
- 2 inch pork loin chops boneless

- 1 teaspoon salt
- 2 tablespoons vegetable oil

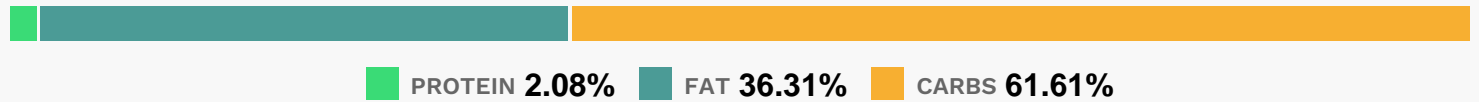
Equipment

- frying pan

Directions

- Sprinkle pork chops evenly with salt and pepper. Cook pork chops in hot oil in a large skillet over medium-high heat 2 minutes on each side. Reduce heat to medium, and cook 3 to 5 minutes on each side or until done.
- Remove from skillet, and keep warm.
- Saut onion and garlic in skillet over medium-high heat 5 minutes or until tender.
- Add apple, and saut 5 minutes or until tender.
- Stir in honey mustard and apple cider, and cook 5 minutes or until thoroughly heated. Spoon over pork chops.
- Serve with brown rice, if desired.

Nutrition Facts



Properties

Glycemic Index:40.44, Glycemic Load:4.14, Inflammation Score:-2, Nutrition Score:3.0686956235086%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg, Epicatechin: 5.59mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg, Quercetin: 8.02mg

Nutrients (% of daily need)

Calories: 181.09kcal (9.05%), Fat: 7.04g (10.82%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 24.84g (9.03%), Sugar: 16.05g (17.83%), Cholesterol: 0.8mg (0.27%), Sodium: 740.81mg (32.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Vitamin K: 14.69µg (13.99%), Manganese: 0.17mg (8.36%), Fiber: 2.02g (8.09%), Vitamin C: 5.33mg (6.46%), Vitamin B6: 0.09mg (4.54%), Vitamin E: 0.67mg (4.49%), Potassium: 147.13mg (4.2%), Vitamin B1: 0.04mg (2.5%), Phosphorus: 22.11mg (2.21%), Magnesium: 8.59mg (2.15%), Copper: 0.04mg (2.08%), Vitamin B2: 0.03mg (1.87%), Folate: 7.03µg (1.76%), Calcium: 17.38mg (1.74%), Iron: 0.25mg (1.37%), Selenium: 0.76µg (1.08%), Vitamin B5: 0.11mg (1.08%)