



Pork Chops with Roasted Apples and Onions

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon butter divided
- ☐ 2.5 teaspoons canola oil divided
- ☐ 1 teaspoon cider vinegar
- ☐ 0.5 teaspoon flour all-purpose
- ☐ 2 teaspoons thyme leaves fresh
- ☐ 2 cups gala apple wedges
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 0.5 cup lower-sodium chicken broth fat-free

- ☐ 1.5 cups pearl onions frozen thawed
- ☐ 24 ounce center-cut pork loin chops bone-in (1/)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 40
- ☐ Heat a large ovenproof skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat. Pat onions dry with a paper towel.
- ☐ Add onions to pan; cook 2 minutes or until lightly browned, stirring once.
- ☐ Add apple to pan; place in oven.
- ☐ Bake at 400 for 10 minutes or until onions and apple are tender. Stir in 2 teaspoons butter, thyme, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Sprinkle pork with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add remaining 1 1/2 teaspoons oil to pan; swirl to coat.
- ☐ Add pork to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Remove pork from pan; keep warm.
- ☐ Combine broth and flour in a small bowl, stirring with a whisk.
- ☐ Add broth mixture to pan; bring to a boil, scraping pan to loosen browned bits. Cook 1 minute or until reduced to 1/4 cup. Stir in vinegar and remaining 1 teaspoon butter.
- ☐ Serve sauce with pork and apple mixture.

Nutrition Facts



Properties

Glycemic Index:75.25, Glycemic Load:4.33, Inflammation Score:-8, Nutrition Score:22.972608856533%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg, Isorhamnetin: 4.44mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 20.52mg, Quercetin: 20.52mg, Quercetin: 20.52mg, Quercetin: 20.52mg

Nutrients (% of daily need)

Calories: 383.52kcal (19.18%), Fat: 17.37g (26.72%), Saturated Fat: 6.21g (38.84%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 14.3g (5.2%), Sugar: 10.27g (11.41%), Cholesterol: 121.49mg (40.5%), Sodium: 454.22mg (19.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.43g (76.87%), Selenium: 56.88µg (81.26%), Vitamin B1: 1.19mg (79.26%), Vitamin B3: 13.78mg (68.92%), Vitamin B6: 1.37mg (68.57%), Phosphorus: 419.69mg (41.97%), Potassium: 902.36mg (25.78%), Vitamin B2: 0.36mg (21.32%), Zinc: 2.84mg (18.93%), Vitamin B12: 0.91µg (15.12%), Magnesium: 58.44mg (14.61%), Vitamin B5: 1.4mg (13.96%), Vitamin C: 11.04mg (13.38%), Fiber: 3.22g (12.87%), Manganese: 0.2mg (10.14%), Copper: 0.16mg (7.81%), Iron: 1.33mg (7.38%), Vitamin E: 0.87mg (5.82%), Folate: 19.79µg (4.95%), Vitamin D: 0.68µg (4.54%), Calcium: 42.37mg (4.24%), Vitamin K: 4.17µg (3.97%), Vitamin A: 178.67IU (3.57%)