



 **13%**  
HEALTH SCORE

## Pork Chops with Sweet-and-Sour Cider Glaze

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**2**

CALORIES



**399 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apple cider
- 2 tablespoons apple cider vinegar
- 1.5 tablespoons brown sugar light packed
- 1.5 tablespoons brown sugar light packed
- 0.5 teaspoon mustard seeds
- 1 tablespoon olive oil
- 2 pork chops 1-inch-thick ( ) (1 lb total)

### Equipment

frying pan

## Directions

Pat pork chops dry and season with salt and pepper.

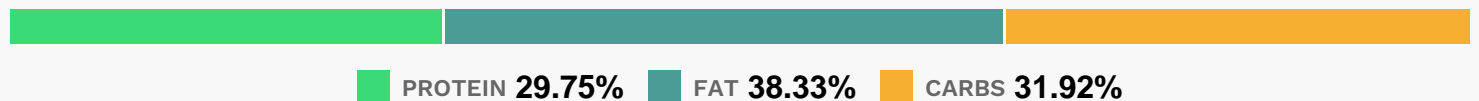
Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté chops until browned on both sides, about 10 minutes total.

Stir together cider and brown sugar and add to skillet. Simmer, uncovered, turning chops once, until meat is almost cooked through, about 3 minutes.

Transfer chops to a plate.

Add vinegar and mustard seeds to sauce and boil, stirring to scrape up any brown bits, until reduced to about 1/3 cup, about 5 minutes. Return chops with any juices on plate to skillet and simmer until meat is just cooked through and sauce is slightly thickened, about 2 minutes.

## Nutrition Facts



## Properties

Glycemic Index:40.38, Glycemic Load:5.39, Inflammation Score:-2, Nutrition Score:16.920434782609%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 399.22kcal (19.96%), Fat: 16.72g (25.73%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 31.34g (10.45%), Net Carbohydrates: 31.01g (11.28%), Sugar: 28.92g (32.14%), Cholesterol: 89.78mg (29.93%), Sodium: 75.07mg (3.26%), Protein: 29.21g (58.42%), Selenium: 46.26µg (66.09%), Vitamin B1: 0.92mg (61.64%), Vitamin B3: 10.85mg (54.23%), Vitamin B6: 1mg (50.22%), Phosphorus: 319.23mg (31.92%), Potassium: 659.5mg (18.84%), Vitamin B2: 0.27mg (15.88%), Zinc: 2.16mg (14.38%), Vitamin B12: 0.71µg (11.84%), Magnesium: 45.89mg (11.47%), Vitamin B5: 1.06mg (10.62%), Vitamin E: 1.23mg (8.21%), Manganese: 0.16mg (8.2%), Iron: 1.08mg (5.99%), Copper: 0.1mg (5.18%), Vitamin K: 4.25µg (4.05%), Calcium: 36.88mg (3.69%), Vitamin D: 0.54µg (3.57%), Vitamin C: 1.12mg (1.35%), Fiber: 0.33g (1.31%)