



Pork Chops with Sweet-and-Sour Cider Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider
- ☐ 2 tablespoons apple cider vinegar
- ☐ 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)

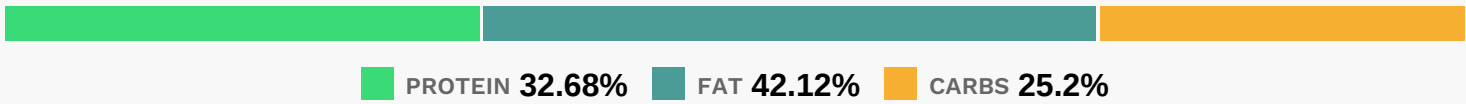
Equipment

- ☐ 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:16.802608826238%

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: 365.02kcal (18.25%), Fat: 16.72g (25.73%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 22.51g (7.5%), Net Carbohydrates: 22.19g (8.07%), Sugar: 20.19g (22.44%), Cholesterol: 89.78mg (29.93%), Sodium: 72.55mg (3.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.2g (58.4%), Selenium: 46.16µg (65.94%), Vitamin B1: 0.92mg (61.64%), Vitamin B3: 10.84mg (54.18%), Vitamin B6: 1mg (50.04%), Phosphorus: 318.87mg (31.89%), Potassium: 647.53mg (18.5%), Vitamin B2: 0.27mg (15.88%), Zinc: 2.15mg (14.37%), Vitamin B12: 0.71µg (11.84%), Magnesium: 45.08mg (11.27%), Vitamin B5: 1.05mg (10.5%), Vitamin E: 1.23mg (8.21%), Manganese: 0.16mg (7.91%), Iron: 1.01mg (5.63%), Copper: 0.1mg (4.97%), Vitamin K: 4.25µg (4.05%), Vitamin D: 0.54µg (3.57%), Calcium: 29.41mg (2.94%), Vitamin C: 1.12mg (1.35%), Fiber: 0.33g (1.31%)