



Pork Chops with Sweet Potatoes and Apples



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples cut into wedges
- ☐ 0.1 teaspoon thyme leaves dried
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup onion thinly sliced
- ☐ 1 cup orange juice divided
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper

- ☐ 16 ounce center-cut loin pork chops boneless trimmed
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons sugar
- ☐ 0.5 pound sweet potatoes and into peeled thinly sliced
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 teaspoon worcestershire sauce

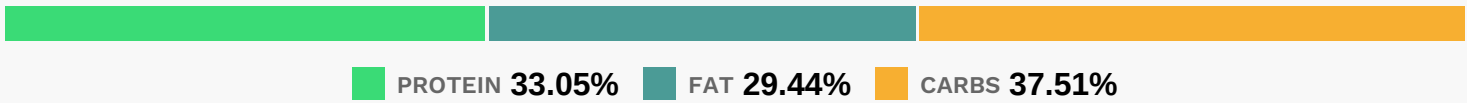
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a small bowl; rub evenly over both sides of pork.
- ☐ Let pork stand 15 minutes in refrigerator.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork; cook 3 minutes on each side.
- ☐ Remove pork from pan.
- ☐ Add oil to pan; reduce heat to medium.
- ☐ Add onion and sweet potato; saut 7 minutes.
- ☐ Add 1/4 cup orange juice; cook until liquid evaporates, scraping pan to loosen browned bits.
- ☐ Add remaining orange juice, cinnamon, and next 3 ingredients; stir well.
- ☐ Add reserved pork to pan; spoon onion mixture over pork. Top with apple. Simmer, uncovered, 7 minutes or until done, turning pork once.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:76.52, Glycemic Load:12.48, Inflammation Score:-10, Nutrition Score:24.382174118705%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg, Quercetin: 10.11mg

Nutrients (% of daily need)

Calories: 320.07kcal (16%), Fat: 10.45g (16.07%), Saturated Fat: 3.19g (19.92%), Carbohydrates: 29.93g (9.98%), Net Carbohydrates: 26.11g (9.5%), Sugar: 15.61g (17.34%), Cholesterol: 75.98mg (25.33%), Sodium: 243.72mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.77%), Vitamin A: 8324.44IU (166.49%), Vitamin B1: 0.88mg (58.95%), Selenium: 38.18µg (54.54%), Vitamin B6: 1.04mg (51.98%), Vitamin B3: 9.75mg (48.74%), Vitamin C: 37.58mg (45.56%), Phosphorus: 311.79mg (31.18%), Potassium: 860.66mg (24.59%), Vitamin B2: 0.29mg (17.08%), Fiber: 3.82g (15.28%), Vitamin B5: 1.48mg (14.81%), Magnesium: 57.83mg (14.46%), Manganese: 0.28mg (13.94%), Zinc: 2.06mg (13.76%), Copper: 0.21mg (10.54%), Vitamin B12: 0.6µg (10.02%), Folate: 34.14µg (8.54%), Iron: 1.34mg (7.45%), Vitamin K: 7.37µg (7.02%), Calcium: 48.4mg (4.84%), Vitamin E: 0.67mg (4.49%), Vitamin D: 0.45µg (3.02%)