



Pork Chops with Warm Cabbage Slaw

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 oz pork chops bone-in
- 2 tablespoons butter
- 2 carrots shredded
- 1 apples green cored peeled thinly sliced
- 1 teaspoon kosher salt divided
- 1 teaspoon pepper divided
- 0.5 bell pepper red thinly sliced
- 4 cups cabbage red sliced

- 0.5 cup onion red sliced
- 2 teaspoons rice vinegar
- 2 teaspoons sugar
- 2 teaspoons vegetable oil

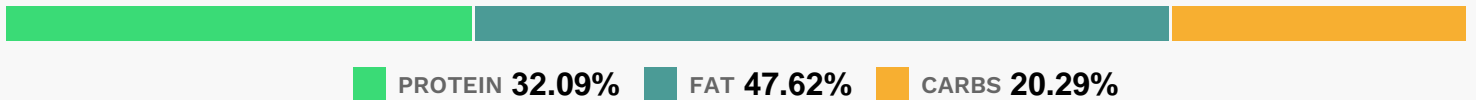
Equipment

- frying pan
- aluminum foil

Directions

- Heat oil in a large frying pan over high heat. Season pork chops with 1/2 tsp. each salt and pepper. Cook, turning once, until browned but still slightly pink in center, 5 minutes total.
- Transfer to a plate, tent with foil, and let rest.
- Melt butter in the same pan. Cook cabbage, bell pepper, onion, apple, and carrots until just starting to soften, about 5 minutes.
- Mix in vinegar, sugar, and remaining 1/2 tsp. each salt and pepper.
- Serve with pork chops.

Nutrition Facts



Properties

Glycemic Index:92.98, Glycemic Load:6.19, Inflammation Score:-10, Nutrition Score:31.298695854519%

Flavonoids

Cyanidin: 187.46mg, Cyanidin: 187.46mg, Cyanidin: 187.46mg, Cyanidin: 187.46mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg 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 Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 408.13kcal (20.41%), Fat: 21.75g (33.46%), Saturated Fat: 8.46g (52.88%), Carbohydrates: 20.84g (6.95%), Net Carbohydrates: 16.25g (5.91%), Sugar: 13.06g (14.52%), Cholesterol: 117.75mg (39.25%), Sodium: 755.33mg (32.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.95%), Vitamin A: 6765.87IU (135.32%), Vitamin C: 75.14mg (91.08%), Selenium: 51.11µg (73.01%), Vitamin B6: 1.35mg (67.65%), Vitamin B1: 0.82mg (54.99%), Vitamin B3: 10.74mg (53.71%), Vitamin K: 45.28µg (43.12%), Phosphorus: 365.68mg (36.57%), Potassium: 942.18mg (26.92%), Vitamin B2: 0.39mg (23.17%), Zinc: 3.01mg (20.05%), Manganese: 0.4mg (19.77%), Fiber: 4.59g (18.38%), Magnesium: 62.2mg (15.55%), Vitamin B5: 1.38mg (13.76%), Vitamin B12: 0.8µg (13.35%), Iron: 1.96mg (10.88%), Calcium: 91.19mg (9.12%), Folate: 34.12µg (8.53%), Vitamin E: 1.15mg (7.67%), Copper: 0.15mg (7.63%), Vitamin D: 0.74µg (4.96%)