



## Pork Loin Chops in Apple Cream

READY IN



40 min.

SERVINGS



2

CALORIES



624 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apple cider
- 1 tablespoon butter
- 0.5 cup chicken broth
- 2 tablespoons cornstarch
- 3 tablespoons flour all-purpose
- 1 pinch ground allspice
- 0.5 teaspoon ground pepper black
- 0.5 cup half-and-half
- 0.3 teaspoon nutmeg freshly grated

- 1 tablespoon olive oil
- 0.5 teaspoon pepper
- 16 ounce pork loin chops boneless
- 0.5 teaspoon salt
- 0.5 teaspoon salt to taste

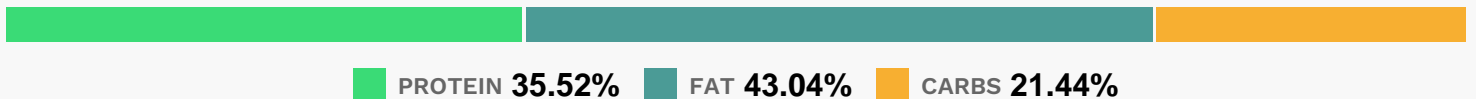
## Equipment

- frying pan
- ziploc bags

## Directions

- Season pork chops on all sides with 1/2 teaspoon salt, and 1/2 teaspoon pepper; set aside.
- Combine the flour, 1/2 teaspoon salt, 1/2 teaspoon pepper, nutmeg, and allspice in a plastic bag. Toss pork with seasoned flour to coat, and shake off excess.
- Heat butter and olive oil in a skillet over medium-high heat until lightly smoking. Sear pork until golden brown on each side, about 3 minutes per side.
- Pour in apple cider and bring to a boil. Turn heat to medium-low, cover, and simmer until pork is fork tender, 15 to 20 minutes.
- Remove pork and keep warm; increase heat to medium-high. Dissolve cornstarch in the chicken broth, and stir into simmering cider; cook for a minute or two until thickened. Stir in the half-and-half and simmer until hot.
- Serve sauce over the pork chops.

## Nutrition Facts



## Properties

Glycemic Index:157.38, Glycemic Load:11.73, Inflammation Score:-5, Nutrition Score:28.126956545788%

## 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: 624.02kcal (31.2%), Fat: 29.37g (45.18%), Saturated Fat: 11.78g (73.63%), Carbohydrates: 32.92g (10.97%), Net Carbohydrates: 31.98g (11.63%), Sugar: 14.22g (15.79%), Cholesterol: 180.28mg (60.09%), Sodium: 1579.87mg (68.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.53g (109.07%), Selenium: 69.28µg (98.97%), Vitamin B6: 1.77mg (88.62%), Vitamin B1: 1.15mg (76.71%), Vitamin B3: 13.99mg (69.97%), Phosphorus: 595.47mg (59.55%), Vitamin B2: 0.66mg (38.6%), Potassium: 1087.31mg (31.07%), Zinc: 4.49mg (29.96%), Vitamin B12: 1.3µg (21.59%), Vitamin B5: 2mg (19.99%), Magnesium: 76.69mg (19.17%), Manganese: 0.35mg (17.63%), Iron: 2.16mg (12%), Vitamin E: 1.67mg (11.13%), Copper: 0.2mg (9.87%), Calcium: 97.73mg (9.77%), Vitamin A: 397.72IU (7.95%), Vitamin K: 7.16µg (6.82%), Vitamin D: 0.91µg (6.05%), Folate: 23.01µg (5.75%), Fiber: 0.94g (3.75%), Vitamin C: 1.65mg (2%)