



Pork Loin Chops with Cinnamon Apples

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon butter
- ☐ 1 teaspoon rubbed sage dried
- ☐ 4 cups granny smith apples peeled () (4 medium)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 16 ounce center-cut loin pork chops boneless (1/)

- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 0.5 teaspoon vegetable oil

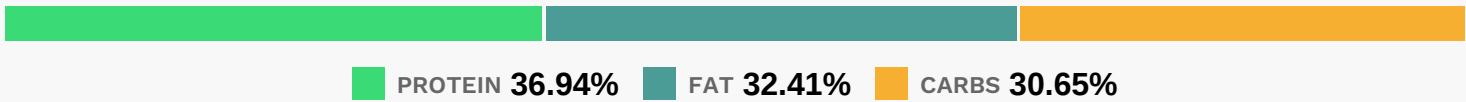
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 3 ingredients, and sprinkle over the pork.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium heat.
- ☐ Add pork; cook 3 minutes on each side or until done.
- ☐ Remove the pork from pan. Cover and keep warm.
- ☐ Melt butter in pan over medium heat.
- ☐ Add apples and remaining ingredients, and cook 5 minutes or until tender, stirring frequently.
- ☐ Serve the apples with pork.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:4.58, Inflammation Score:-3, Nutrition Score:14.98521722918%

Flavonoids

Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg, Cyanidin: 1.96mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg, Catechin: 1.63mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg, Epicatechin: 9.41mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 5.02mg, Quercetin:

5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 267.39kcal (13.37%), Fat: 9.67g (14.88%), Saturated Fat: 3.55g (22.17%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 17.4g (6.33%), Sugar: 15.95g (17.72%), Cholesterol: 78.66mg (26.22%), Sodium: 365mg (15.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.81g (49.61%), Selenium: 37.6µg (53.71%), Vitamin B1: 0.78mg (51.89%), Vitamin B3: 9.18mg (45.92%), Vitamin B6: 0.88mg (43.89%), Phosphorus: 270.93mg (27.09%), Potassium: 565.37mg (16.15%), Vitamin B2: 0.24mg (14.31%), Fiber: 3.18g (12.71%), Zinc: 1.82mg (12.12%), Vitamin B12: 0.6µg (10.05%), Magnesium: 36.58mg (9.15%), Vitamin B5: 0.91mg (9.1%), Vitamin C: 6.25mg (7.58%), Manganese: 0.11mg (5.75%), Copper: 0.1mg (5.09%), Vitamin K: 4.58µg (4.36%), Iron: 0.78mg (4.35%), Vitamin E: 0.46mg (3.06%), Vitamin D: 0.45µg (3.02%), Calcium: 21.96mg (2.2%), Vitamin A: 106.24IU (2.12%), Folate: 4.17µg (1.04%)