



Pork with Cranberry-Apple Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 teaspoon bottled ginger fresh minced
- ☐ 1 cup apples i use 2 granny smith apples diced
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 24 ounce center-cut pork chops bone-in
- ☐ 0.3 teaspoon salt

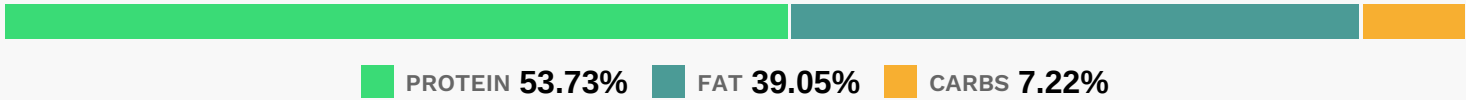
Equipment

☐ frying pan

Directions

- ☐ Combine apple, crushed fruit, lemon rind, lemon juice, and ginger.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle chops with salt, pepper, and allspice. Coat pan with cooking spray.
- ☐ Add pork to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:1.18, Inflammation Score:-3, Nutrition Score:19.663913067268%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 282.19kcal (14.11%), Fat: 11.88g (18.28%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.06g (1.48%), Sugar: 3.38g (3.76%), Cholesterol: 113.97mg (37.99%), Sodium: 227.56mg (9.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.79g (73.58%), Selenium: 56.32µg (80.46%), Vitamin B1: 1.14mg (76.1%), Vitamin B3: 13.63mg (68.16%), Vitamin B6: 1.25mg (62.61%), Phosphorus: 388.8mg (38.88%), Potassium: 678.8mg (19.39%), Vitamin B2: 0.32mg (19.08%), Zinc: 2.66mg (17.72%), Vitamin B12: 0.9µg (15.03%),

Vitamin B5: 1.27mg (12.66%), Magnesium: 46.79mg (11.7%), Copper: 0.11mg (5.45%), Iron: 0.92mg (5.1%), Vitamin D: 0.68µg (4.54%), Vitamin C: 3.61mg (4.37%), Fiber: 0.88g (3.51%), Manganese: 0.04mg (2.18%), Vitamin E: 0.29mg (1.92%), Calcium: 15.88mg (1.59%)