



Roast Pork" and Apple Dinner in a Pan

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 mcintosh apples sliced
- 2 Tbsp balsamic vinaigrette dressing kraft
- 1 lb pork chops bone-in
- 14 oz chicken broth fat-free reduced-sodium canned
- 2 cups mushrooms fresh sliced
- 1.5 cups rice white instant uncooked
- 1 onion sliced
- 1 tsp thyme leaves dried

1 cup water

Equipment

frying pan

Directions

Cook chops in large nonstick skillet sprayed with cooking spray on medium-high heat 4 min. on each side or just until evenly browned.

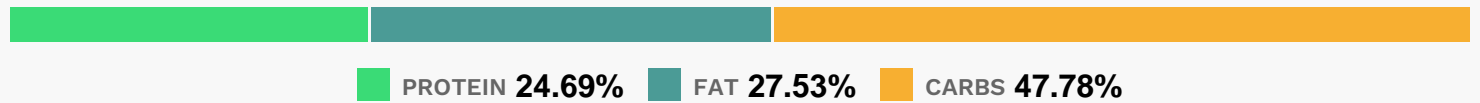
Add mushrooms, onions and dressing; cook 2 min.

Stir in remaining ingredients; simmer on medium-low heat 15 min. or until chops are done (145F), rice is tender and liquid is absorbed.

Remove from heat; cover.

Let stand 3 min. before serving.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:4.24, Inflammation Score:-7, Nutrition Score:19.701739202375%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg

Nutrients (% of daily need)

Calories: 367.68kcal (18.38%), Fat: 11.25g (17.31%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 43.93g (14.64%), Net Carbohydrates: 40.15g (14.6%), Sugar: 12g (13.33%), Cholesterol: 58.68mg (19.56%), Sodium: 530.71mg (23.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.41%), Selenium: 47.53µg (67.9%), Vitamin B1: 0.79mg (52.34%), Vitamin B3: 10.29mg (51.47%), Vitamin B6: 0.77mg (38.35%), Phosphorus: 286.2mg (28.62%), Folate: 105.88µg (26.47%), Vitamin B2: 0.42mg (24.45%), Manganese: 0.43mg (21.39%), Potassium: 621.57mg (17.76%), Iron: 3.15mg (17.49%), Vitamin B5: 1.67mg (16.66%), Copper: 0.33mg (16.4%), Zinc: 2.33mg (15.52%), Fiber: 3.77g (15.09%), Vitamin B12: 0.67µg (11.14%), Magnesium: 39.3mg (9.83%), Vitamin C: 7.55mg (9.15%), Calcium: 43.78mg (4.38%), Vitamin D: 0.52µg (3.47%), Vitamin K: 2.14µg (2.04%), Vitamin E: 0.29mg (1.93%), Vitamin A: 64.29IU (1.29%)