



Roasted Pork Chops With Drunken Honeycrisp Apples

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 large apples cored peeled sliced
- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon cinnamon
- ☐ 1 teaspoon cornstarch
- ☐ 0.5 cup wine dry white
- ☐ 0.3 teaspoon thyme sprigs fresh
- ☐ 0.3 teaspoon garlic powder

- ☐ 4 servings pepper black freshly ground
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 cup chicken broth low-sodium homemade store-bought
- ☐ 0.1 teaspoon nutmeg
- ☐ 1.5 tablespoons olive oil
- ☐ 0.3 teaspoon onion powder
- ☐ 4 pork chops
- ☐ 2 tablespoons rum
- ☐ 0.3 cup sugar
- ☐ 4 tablespoons butter unsalted
- ☐ 0.3 cup water

Equipment

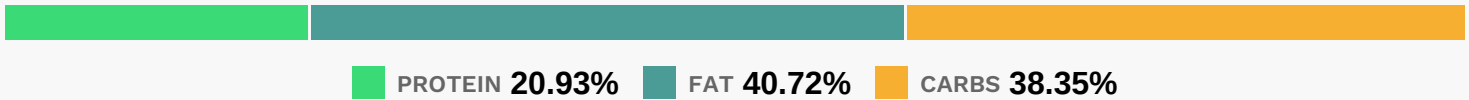
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Adjust oven rack to lower-middle position and preheat oven to 400°F.
- ☐ Combine 1/2 teaspoon salt, 1/2 teaspoon pepper, thyme, garlic powder, and onion powder in a small bowl and stir to combine. Pat pork chops dry with a paper towel and season both sides with seasoning mixture.
- ☐ Heat oil in a large skillet over medium-high heat until lightly smoking.
- ☐ Add pork to pan and cook without moving until well browned on first side, about 4 minutes. Flip and transfer skillet to oven. Continue to cook until instant-read thermometer inserted into center of thickest section of chop registers 145°F, about 10 minutes.

- ☐ Transfer to a large plate, tent with foil, and allow to rest.
- ☐ While pork cooks, melt 2 tablespoons butter in a medium saucepan over medium heat.
- ☐ Add apples, a pinch of salt salt, sugar, brown sugar, cinnamon, nutmeg, rum, and water to pan, stirring to combine. Bring to a boil, reduce heat to medium-low, and simmer until apples are almost tender, about 5 minutes. In a small bowl, dissolve cornstarch lemon juice and add to simmering apple mixture. Simmer until thickened, about 2 minutes longer. Set aside and keep warm.
- ☐ When pork is cooked, return skillet to a burner set over high heat.
- ☐ Add wine and cook, scraping up browned bits from bottom of pan.
- ☐ Add chicken broth and cook, simmering until sauce is reduced by half, about 7 minutes. Off heat, swirl in remaining 2 tablespoons butter.
- ☐ Serve pork with sauce and apples.

Nutrition Facts



Properties

Glycemic Index:72.27, Glycemic Load:19.06, Inflammation Score:-7, Nutrition Score:21.693478242211%

Flavonoids

Cyanidin: 4.38mg, Cyanidin: 4.38mg, Cyanidin: 4.38mg, Cyanidin: 4.38mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg, Epigallocatechin: 0.72mg Epicatechin: 21.15mg, Epicatechin: 21.15mg, Epicatechin: 21.15mg, Epicatechin: 21.15mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg, Hesperetin: 0.66mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

Nutrients (% of daily need)

Calories: 616.05kcal (30.8%), Fat: 26.82g (41.26%), Saturated Fat: 11.4g (71.28%), Carbohydrates: 56.84g (18.95%), Net Carbohydrates: 49.77g (18.1%), Sugar: 44.88g (49.87%), Cholesterol: 119.88mg (39.96%), Sodium: 90.11mg

(3.92%), Alcohol: 5.59g (100%), Alcohol %: 1.26% (100%), Protein: 31.02g (62.05%), Selenium: 44.74µg (63.91%), Vitamin B1: 0.95mg (63.11%), Vitamin B3: 11.82mg (59.12%), Vitamin B6: 1.12mg (55.85%), Phosphorus: 362.67mg (36.27%), Fiber: 7.06g (28.25%), Potassium: 889.73mg (25.42%), Vitamin B2: 0.35mg (20.7%), Vitamin C: 14.53mg (17.61%), Zinc: 2.33mg (15.53%), Magnesium: 54.38mg (13.59%), Vitamin B12: 0.79µg (13.22%), Manganese: 0.25mg (12.73%), Vitamin B5: 1.19mg (11.88%), Vitamin E: 1.78mg (11.84%), Vitamin A: 513.99IU (10.28%), Vitamin K: 10.72µg (10.21%), Copper: 0.2mg (9.85%), Iron: 1.37mg (7.6%), Vitamin D: 0.75µg (4.97%), Calcium: 44.57mg (4.46%), Folate: 10.18µg (2.55%)