



Sauteed Pork Chops with Sauerkraut

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple juice
- 0.8 teaspoon caraway seeds
- 2 tablespoons optional: dill fresh finely chopped
- 1 slice bacon lean chopped
- 1 small onion sliced thin
- 2 pork chops 1-inch-thick
- 0.5 pound sauerkraut rinsed drained
- 1 tablespoon vegetable oil

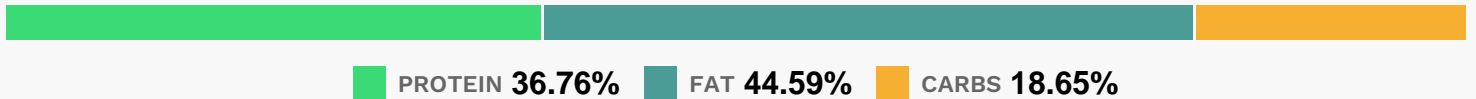
Equipment

- frying pan
- paper towels
- sauce pan

Directions

- In a heavy saucepan cook the bacon over moderate heat, stirring, until it is crisp, add the onion, and the caraway seeds, and cook the mixture, stirring, until the onion is golden.
- Add the sauerkraut and the apple juice and simmer the mixture, covered, for 20 minutes.
- While the sauerkraut mixture is the simmering, sprinkle both sides of the chops with salt, let the chops stand between layers of paper towel for 10 minutes, and season them with pepper. In a heavy skillet heat the oil over moderately high heat until it is hot but not smoking and in it sauté the chops for 5 to 6 minutes on each side, or until they are just cooked through. Stir 1 tablespoon of the dill into the sauerkraut mixture and transfer the mixture to a heated platter. Top the sauerkraut mixture with the chops and sprinkle the chops with the remaining 1 tablespoon dill.

Nutrition Facts



Properties

Glycemic Index:57.38, Glycemic Load:4.03, Inflammation Score:-5, Nutrition Score:21.935217556746%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg, Quercetin: 7.7mg

Nutrients (% of daily need)

Calories: 335.14kcal (16.76%), Fat: 16.51g (25.4%), Saturated Fat: 4.4g (27.51%), Carbohydrates: 15.53g (5.18%), Net Carbohydrates: 11.23g (4.08%), Sugar: 9.47g (10.52%), Cholesterol: 89.78mg (29.93%), Sodium: 828.13mg (36.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.62g (61.24%), Selenium: 45.36µg (64.8%), Vitamin B1: 0.95mg (63.32%), Vitamin B6: 1.18mg (58.84%), Vitamin B3: 10.99mg (54.93%), Phosphorus: 344.53mg (34.45%), Vitamin K: 27.39µg (26.08%), Vitamin C: 20.32mg (24.62%), Potassium: 819.4mg (23.41%), Vitamin B2: 0.3mg (17.46%), Fiber: 4.3g (17.2%), Zinc: 2.41mg (16.06%), Iron: 2.63mg (14.63%), Magnesium: 58.34mg (14.58%), Manganese: 0.29mg (14.32%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.15mg (11.55%), Copper: 0.21mg (10.62%), Folate: 34.54µg (8.64%), Calcium: 62.41mg (6.24%), Vitamin E: 0.92mg (6.14%), Vitamin D: 0.54µg (3.57%), Vitamin A: 60.69IU (1.21%)