



Sautéed Pork with Sweet Onion Relish and Corn Fritters



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 1 teaspoon cider vinegar
- ☐ 1 serving corn fritters
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 0.3 cup bottled onion relish sweet
- ☐ 4 ounce boned center-cut loin pork chop (3/)
- ☐ 0.1 teaspoon salt

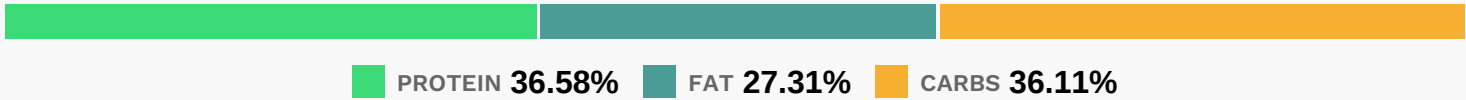
Equipment

☐ frying pan

Directions

- ☐ Trim fat from pork; sprinkle with pepper and salt.
- ☐ Heat a small skillet coated with cooking spray over medium heat.
- ☐ Add pork; cook 4 minutes on each side or until done.
- ☐ Add juice and vinegar; simmer 3 minutes, turning pork occasionally.
- ☐ Serve warm with relish and fritters.

Nutrition Facts



Properties

Glycemic Index:195.25, Glycemic Load:11.65, Inflammation Score:-5, Nutrition Score:17.683478111806%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg, Quercetin: 8.48mg

Nutrients (% of daily need)

Calories: 296.51kcal (14.83%), Fat: 9.16g (14.09%), Saturated Fat: 2.97g (18.55%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 24.48g (8.9%), Sugar: 11.18g (12.42%), Cholesterol: 75.98mg (25.33%), Sodium: 350.32mg (15.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.62g (55.23%), Vitamin B1: 0.86mg (57.33%), Selenium: 37.98µg (54.26%), Vitamin B3: 10.45mg (52.26%), Vitamin B6: 0.99mg (49.55%), Phosphorus: 332.7mg (33.27%), Potassium: 722.21mg (20.63%), Vitamin B2: 0.28mg (16.23%), Manganese: 0.31mg (15.55%), Zinc: 2.32mg (15.49%), Vitamin B5: 1.52mg (15.21%), Magnesium: 57.72mg (14.43%), Fiber: 2.78g (11.11%), Vitamin B12: 0.6µg (10.02%), Vitamin C: 7.75mg (9.4%), Copper: 0.13mg (6.58%), Folate: 25.4µg (6.35%), Iron: 1.13mg (6.29%), Vitamin A: 211.2IU (4.22%), Vitamin D: 0.45µg (3.02%), Calcium: 27.15mg (2.72%), Vitamin E: 0.24mg (1.57%), Vitamin K: 1.29µg (1.23%)