



Savory Apple Pork Chops



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 apples sliced thin
- ☐ 3 tablespoons brown sugar
- ☐ 0.3 cup catsup
- ☐ 4 pork chops
- ☐ 4 servings salt and pepper to taste

Equipment

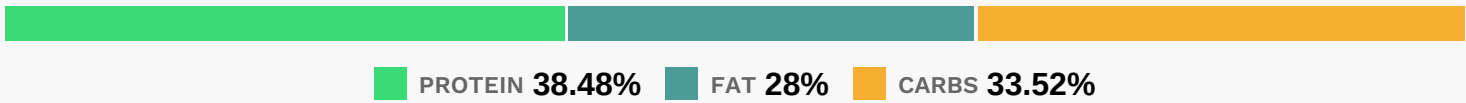
- ☐ oven
- ☐ baking pan

☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place pork chops in a foil lined 9x9 inch baking dish and season with salt and pepper to taste. Arrange the sliced apples over and around the chops and brush all liberally with the ketchup. Then sprinkle with the brown sugar.
- ☐ Bake at 350 degrees F (175 degrees C) for 35 to 45 minutes, or until internal temperature reaches 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:3.32, Inflammation Score:-3, Nutrition Score:16.986521751984%

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 Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg, Quercetin: 3.78mg

Nutrients (% of daily need)

Calories: 304.37kcal (15.22%), Fat: 9.47g (14.57%), Saturated Fat: 3.31g (20.69%), Carbohydrates: 25.5g (8.5%), Net Carbohydrates: 23.27g (8.46%), Sugar: 21.39g (23.77%), Cholesterol: 89.78mg (29.93%), Sodium: 397.59mg (17.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.28g (58.56%), Selenium: 44.57µg (63.67%), Vitamin B1: 0.91mg (60.73%), Vitamin B3: 11.01mg (55.06%), Vitamin B6: 1.04mg (51.88%), Phosphorus: 317.11mg (31.71%), Potassium: 651.35mg (18.61%), Vitamin B2: 0.3mg (17.44%), Zinc: 2.14mg (14.28%), Vitamin B12: 0.71µg (11.84%), Magnesium: 42.15mg (10.54%), Vitamin B5: 1.05mg (10.49%), Fiber: 2.23g (8.92%), Copper: 0.12mg (5.84%), Vitamin C: 4.8mg (5.82%), Iron: 0.9mg (4.98%), Vitamin E: 0.56mg (3.71%), Vitamin D: 0.54µg (3.57%), Manganese: 0.06mg (3.12%), Vitamin A: 131.45IU (2.63%), Calcium: 24.68mg (2.47%), Vitamin K: 2.45µg (2.34%), Folate: 4.17µg (1.04%)