



## Savory Herb Pork Chops

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 cup apple juice divided
- ☐ 4 servings garnishes: apples fresh thinly sliced
- ☐ 2 tablespoons balsamic vinegar divided
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon coarsely ground pepper divided

- ☐ 3.5 tablespoons brown sugar light divided
- ☐ 0.5 cup onion chopped
- ☐ 3 inch pork loin chops boneless
- ☐ 1 teaspoon salt divided
- ☐ 2 tablespoons vegetable oil

## Equipment

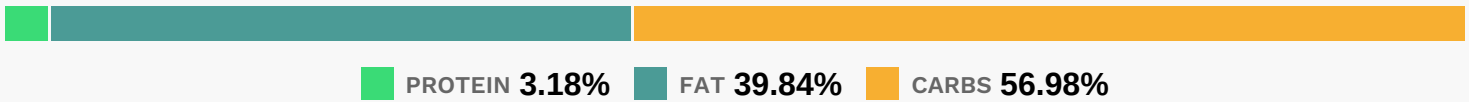
- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Stir together 1/4 cup apple juice, 1 Tbsp. brown sugar, and mustard in a large zip-top plastic freezer bag; add pork. Seal bag, and shake well to coat. Chill 30 minutes, turning once.
- ☐ Remove pork from marinade, discarding marinade. Pat pork dry, and sprinkle with 1/2 tsp. salt and 1/2 tsp. pepper.
- ☐ Cook pork in hot oil in large skillet over medium-high heat 3 minutes on each side.
- ☐ Remove chops from skillet.
- ☐ Cook onion and garlic in hot drippings, stirring constantly, 1 minute.
- ☐ Add remaining 3/4 cup apple juice to skillet, stirring to loosen particles from bottom of skillet. Stir in rosemary, 1 Tbsp. brown sugar, 1 Tbsp. balsamic vinegar, and remaining 1/2 tsp. salt and pepper.
- ☐ Bring onion mixture to a boil. Reduce heat to medium low, and simmer 3 to 5 minutes or until mixture is reduced by half.
- ☐ Add pork to onion mixture, turning to coat. Cover and cook 5 to 10 minutes or until a meat thermometer inserted in thickest portion registers 15
- ☐ Remove from heat, and place pork on a serving platter. Cover with aluminum foil.
- ☐ Let stand 5 minutes.

- ☐
- Meanwhile, whisk together 1/4 cup water, 1 Tbsp. flour, remaining 1 1/2 Tbsp. brown sugar, and remaining 1 Tbsp. balsamic vinegar in skillet until smooth. Bring to a boil over medium–low heat. Reduce heat to low, and simmer 1 to 2 minutes or until slightly thickened and bubbly.
- ☐
- Drizzle sauce over pork, or serve with pork, if desired.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:71.69, Glycemic Load:5.15, Inflammation Score:-3, Nutrition Score:3.2447826274387%

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 Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 160.06kcal (8%), Fat: 7.21g (11.09%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 22.22g (8.08%), Sugar: 18.27g (20.3%), Cholesterol: 1.2mg (0.4%), Sodium: 632.28mg (27.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.3g (2.59%), Vitamin K: 13.49µg (12.85%), Manganese: 0.22mg (10.89%), Potassium: 149.29mg (4.27%), Selenium: 2.97µg (4.24%), Vitamin B6: 0.08mg (4.04%), Vitamin E: 0.59mg (3.93%), Fiber: 0.98g (3.93%), Vitamin B1: 0.06mg (3.76%), Vitamin C: 2.75mg (3.33%), Calcium: 31.79mg (3.18%), Iron: 0.56mg (3.09%), Magnesium: 11.91mg (2.98%), Phosphorus: 26.22mg (2.62%), Folate: 8.87µg (2.22%), Copper: 0.04mg (2.18%), Vitamin B2: 0.04mg (2.08%), Vitamin B3: 0.35mg (1.73%), Vitamin B5: 0.13mg (1.27%), Zinc: 0.16mg (1.08%)