



Simmered Cranberry Pork Chops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



70 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cranberries fresh
- 0.3 teaspoon ground pepper black
- 0.8 cup splenda® no calorie sweetener
- 6 pork chops
- 1 teaspoon salt
- 6 servings water as needed

Equipment

- frying pan

Directions

- In a skillet, brown chops slowly in oil; drain.
- Add cranberries, SPLENDA® Granulated Sweetener, salt and pepper to chops with 1/2 cup water to start. Bring to boil; reduce heat. Simmer, covered, for about 45 minutes or until tender but not dry.
- Add water if necessary to keep chops from drying out.

Nutrition Facts

PROTEIN 37.75% **FAT 27.34%** **CARBS 34.91%**

Properties

Glycemic Index:21.17, Glycemic Load:12.67, Inflammation Score:-3, Nutrition Score:16.277391136988%

Flavonoids

Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg, Cyanidin: 15.48mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 307.24kcal (15.36%), Fat: 9.35g (14.38%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 25.63g (9.32%), Sugar: 21.5g (23.89%), Cholesterol: 89.78mg (29.93%), Sodium: 464.41mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.04g (58.08%), Selenium: 44.39µg (63.42%), Vitamin B1: 0.9mg (59.86%), Vitamin B3: 10.74mg (53.69%), Vitamin B6: 0.99mg (49.6%), Phosphorus: 306.64mg (30.66%), Potassium: 528.67mg (15.1%), Vitamin B2: 0.25mg (14.98%), Zinc: 2.13mg (14.22%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.07mg (10.74%), Magnesium: 39.36mg (9.84%), Manganese: 0.14mg (7.05%), Copper: 0.13mg (6.65%), Vitamin C: 4.67mg (5.66%), Fiber: 1.22g (4.88%), Iron: 0.76mg (4.21%), Vitamin E: 0.62mg (4.1%), Vitamin D: 0.54µg (3.57%), Calcium: 19.75mg (1.98%), Vitamin K: 1.8µg (1.72%)