



Simple Caramel Apple Pork Chops

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons butter
- 0.1 teaspoon cinnamon
- 0.1 teaspoon ground nutmeg
- 3 tablespoons pecans chopped
- 4 pork chops boneless
- 4 servings salt and pepper black to taste
- 2 medium tart apples red cored sliced into 1/2-inch wedges

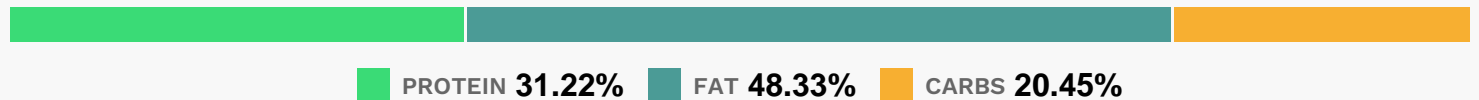
Equipment

- bowl
- frying pan
- slotted spoon

Directions

- Heat skillet over medium-high heat.
- Saute chops, 5-6 minutes, turning occasionally, until both sides are evenly browned.
- Remove; keep warm.
- In a small bowl, combine brown sugar, salt, pepper, cinnamon and nutmeg.
- Add butter to skillet; stir in brown sugar mixture and apples. Cover and cook for 3-4 minutes or just until apples are tender.
- Remove apples with a slotted spoon and arrange on top of chops; keep warm. Continue cooking mixture in skillet, uncovered, until sauce thickens slightly. Spoon sauce over apples and chops.
- Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:3.37, Inflammation Score:-4, Nutrition Score:18.486521674239%

Flavonoids

Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg, Cyanidin: 2.23mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 380.32kcal (19.02%), Fat: 20.55g (31.62%), Saturated Fat: 7.39g (46.17%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 16.62g (6.04%), Sugar: 15.61g (17.34%), Cholesterol: 104.83mg (34.94%), Sodium: 305.73mg (13.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.87g (59.75%), Selenium: 44.78µg (63.98%), Vitamin B1: 0.96mg (63.96%), Vitamin B3: 10.89mg (54.43%), Vitamin B6: 1.03mg (51.44%), Phosphorus: 335.72mg (33.57%), Manganese: 0.4mg (19.79%), Potassium: 638.13mg (18.23%), Vitamin B2: 0.28mg (16.69%), Zinc: 2.46mg (16.43%), Magnesium: 49.3mg (12.33%), Vitamin B12: 0.72µg (12.03%), Fiber: 2.95g (11.8%), Vitamin B5: 1.11mg (11.1%), Copper: 0.19mg (9.67%), Iron: 1.02mg (5.68%), Vitamin C: 4.27mg (5.18%), Vitamin A: 233.88IU (4.68%), Vitamin E: 0.61mg (4.05%), Vitamin D: 0.54µg (3.57%), Calcium: 27.61mg (2.76%), Vitamin K: 2.77µg (2.64%), Folate: 4.7µg (1.18%)