



Skillet Pork Chops with Apples and Onions

READY IN



45 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons bourbon
- 0.3 cup chicken broth
- 0.3 cup dijon mustard
- 2 granny smith apples cut into 1/2-inch-thick wedges
- 1 teaspoon kosher salt
- 2 tablespoons olive oil
- 24 oz pork rib chops bone-in thick ()
- 8 small thyme sprigs fresh

- 1 cup whipping cream
- 1 medium size onion yellow thinly sliced (root end intact)

Equipment

- frying pan
- oven
- whisk

Directions

- Preheat oven to 45
- Sprinkle pork with salt and pepper. Cook in hot oil in a 12-inch cast-iron skillet over medium heat 5 to 6 minutes on each side or until golden brown.
- Remove from skillet.
- Add apples and onion to skillet; cook, stirring occasionally, 4 to 5 minutes or until browned.
- Remove from skillet.
- Add broth to skillet, and cook 1 to 2 minutes, stirring to loosen browned bits from bottom of skillet.
- Whisk together cream and mustard; add to skillet, and cook, stirring constantly, 1 to 2 minutes or until bubbly.
- Remove skillet from heat, and stir in bourbon.
- Add pork, turning to coat, and top with apples, onions, and thyme.
- Bake at 450 for 10 minutes or until liquid is just beginning to bubble.
- Let stand in skillet 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:4.06, Inflammation Score:-10, Nutrition Score:25.97739168872%

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 Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg

Nutrients (% of daily need)

Calories: 616.79kcal (30.84%), Fat: 41.08g (63.19%), Saturated Fat: 18.91g (118.19%), Carbohydrates: 18.38g (6.13%), Net Carbohydrates: 14.71g (5.35%), Sugar: 12.67g (14.08%), Cholesterol: 181.59mg (60.53%), Sodium: 925.38mg (40.23%), Alcohol: 2.51g (100%), Alcohol %: 0.79% (100%), Protein: 39.81g (79.62%), Selenium: 63.61µg (90.87%), Vitamin B1: 1.21mg (80.65%), Vitamin B3: 13.91mg (69.55%), Vitamin B6: 1.34mg (67.23%), Phosphorus: 457.32mg (45.73%), Vitamin B2: 0.49mg (28.8%), Potassium: 871.22mg (24.89%), Vitamin A: 1038.97IU (20.78%), Zinc: 3.02mg (20.13%), Magnesium: 67mg (16.75%), Vitamin B12: 1µg (16.68%), Vitamin B5: 1.54mg (15.38%), Fiber: 3.66g (14.66%), Vitamin E: 2.01mg (13.4%), Vitamin C: 9.84mg (11.93%), Manganese: 0.22mg (11.14%), Vitamin D: 1.63µg (10.88%), Iron: 1.76mg (9.77%), Vitamin K: 8.87µg (8.45%), Copper: 0.17mg (8.4%), Calcium: 83.19mg (8.32%), Folate: 12.37µg (3.09%)