



## Skillet Pork Chops with Apples & Onion

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



4

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 24 ounces pork loin boneless
- 3 medium apples cut into wedges
- 1 large onion cut into thin wedges
- 0.3 cup water
- 0.3 cup balsamic vinaigrette
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

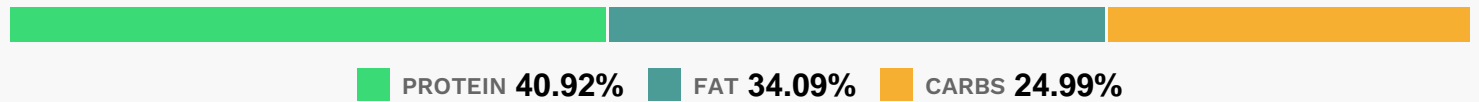
### Equipment

- frying pan
- kitchen thermometer

## Directions

- Place a large nonstick skillet over medium heat; brown pork chops on both sides, about 4 minutes.
- Remove from pan.
- In same skillet, combine apples, onion and water.
- Place pork chops over apple mixture; drizzle chops with vinaigrette.
- Sprinkle with salt and pepper. Reduce heat; simmer, covered, until a thermometer inserted in chops reads 145&deg;, 3–5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:22.75, Glycemic Load:5.77, Inflammation Score:-5, Nutrition Score:19.762608331183%

## Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 13.09mg, Quercetin: 13.09mg, Quercetin: 13.09mg, Quercetin: 13.09mg

## Nutrients (% of daily need)

Calories: 382.93kcal (19.15%), Fat: 14.39g (22.14%), Saturated Fat: 2.83g (17.71%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 19.78g (7.19%), Sugar: 16.44g (18.27%), Cholesterol: 107.16mg (35.72%), Sodium: 554.66mg (24.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.87g (77.73%), Vitamin B6: 1.39mg (69.28%), Selenium: 47.31µg (67.59%), Vitamin B1: 0.79mg (52.94%), Vitamin B3: 9.94mg (49.71%), Phosphorus: 408.81mg (40.88%), Potassium: 838.69mg (23.96%), Vitamin B2: 0.36mg (21.41%), Zinc: 3.18mg (21.23%), Fiber: 3.95g

(15.78%), Vitamin B12: 0.87µg (14.46%), Vitamin B5: 1.4mg (13.98%), Magnesium: 55.17mg (13.79%), Vitamin C: 9.05mg (10.97%), Copper: 0.15mg (7.72%), Iron: 1.18mg (6.53%), Manganese: 0.12mg (6.24%), Vitamin D: 0.68µg (4.54%), Vitamin K: 3.36µg (3.2%), Vitamin E: 0.48mg (3.17%), Calcium: 28.46mg (2.85%), Folate: 11.24µg (2.81%), Vitamin A: 75.14IU (1.5%)