



Smoked Pork Chops with Sweet Potatoes



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 0.5 cup brown sugar packed
- ☐ 1 tablespoon canola oil
- ☐ 0.1 teaspoon pepper
- ☐ 42 ounces pork chops smoked boneless
- ☐ 4 large sweet potatoes and into cooked peeled cut lengthwise into thirds
- ☐ 2 large baking apples are apples that have a sweet-tart balance and hold their shape when peeled thinly sliced

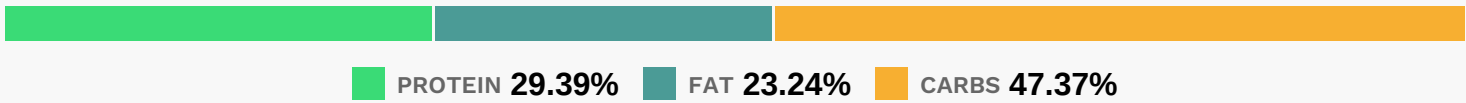
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a large ovenproof skillet, cook chops in oil over medium heat for 2–3 minutes on each side or until chops are lightly browned; drain.
- ☐ Transfer to a greased 13-in. x 9-in. baking dish. Top with sweet potatoes.
- ☐ Combine brown sugar and pepper; sprinkle over sweet potatoes. Top with apples; drizzle with apple juice.
- ☐ Cover and bake at 325° for 30 minutes. Uncover; bake 10–15 minutes longer or until meat is tender.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:25.69, Inflammation Score:-10, Nutrition Score:37.977391657622%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 6.08mg, Epicatechin: 6.08mg, Epicatechin: 6.08mg, Epicatechin: 6.08mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 636.33kcal (31.82%), Fat: 16.36g (25.17%), Saturated Fat: 5.1g (31.86%), Carbohydrates: 75.04g (25.01%), Net Carbohydrates: 66.43g (24.16%), Sugar: 35.98g (39.98%), Cholesterol: 132.96mg (44.32%), Sodium: 226.22mg (9.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.55g (93.11%), Vitamin A: 32205.61IU (644.11%), Vitamin B1: 1.52mg (101.02%), Vitamin B6: 1.95mg (97.72%), Selenium: 67.28µg (96.11%), Vitamin B3: 17.21mg (86.05%), Phosphorus: 564.72mg (56.47%), Potassium: 1618.98mg (46.26%), Fiber: 8.62g (34.46%), Vitamin B5: 3.33mg (33.31%), Manganese: 0.65mg (32.47%), Vitamin B2: 0.53mg (30.97%), Magnesium: 114.22mg (28.55%), Zinc: 3.79mg (25.29%), Copper: 0.48mg (24.19%), Vitamin B12: 1.05µg (17.53%), Iron: 2.61mg (14.5%), Vitamin C: 8.95mg (10.85%), Calcium: 102.58mg (10.26%), Vitamin E: 1.39mg (9.27%), Vitamin K: 7.45µg (7.09%), Folate: 27.35µg (6.84%), Vitamin D: 0.79µg (5.29%)