



Spiced Apple-Kraut Pork



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



545 kcal

SIDE DISH

Ingredients

- 2 cups spiced applesauce
- 1 tablespoon brown sugar
- 0.5 cup chicken broth
- 0.5 pound bacon crumbled cooked
- 1 teaspoon thyme leaves dried
- 0.5 teaspoon ground mustard
- 0.5 teaspoon ground pepper black
- 7 juniper berries

- 0.5 teaspoon oregano dried
- 0.5 teaspoon paprika
- 4 pork chops
- 0.5 teaspoon salt
- 3 cups sauerkraut drained
- 1 tablespoon vegetable oil

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large bowl combine the sauerkraut, applesauce, broth, bacon, brown sugar, thyme, mustard, oregano, salt and pepper. Stir in optional juniper berries.
- In a large skillet brown the pork in oil and drain.
- Place pork in an ungreased 9x13 inch baking dish. Spoon sauerkraut mixture over top and sprinkle with paprika. Cover and bake at 350 degrees F (175 degrees C) for 1 1/4 hours or until meat is tender and cooked through.

Nutrition Facts



PROTEIN 37.16% **FAT 55.81%** **CARBS 7.03%**

Properties

Glycemic Index:16.5, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:19.53521717113%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:

0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 545.45kcal (27.27%), Fat: 22g (33.85%), Saturated Fat: 7.11g (44.46%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 3.92g (1.43%), Sugar: 3.33g (3.7%), Cholesterol: 97.67mg (32.56%), Sodium: 1415.33mg (61.54%), Alcohol: 26.72g (100%), Alcohol %: 11.16% (100%), Protein: 32.96g (65.92%), Selenium: 49.64µg (70.92%), Vitamin B3: 11.3mg (56.52%), Vitamin B1: 0.83mg (55.64%), Vitamin B6: 0.95mg (47.6%), Phosphorus: 369.57mg (36.96%), Potassium: 661.06mg (18.89%), Zinc: 2.76mg (18.38%), Vitamin B2: 0.29mg (16.92%), Vitamin K: 17.71µg (16.86%), Vitamin B12: 0.89µg (14.82%), Vitamin C: 10.54mg (12.77%), Iron: 2.25mg (12.48%), Magnesium: 46.57mg (11.64%), Vitamin B5: 1.15mg (11.52%), Manganese: 0.2mg (9.82%), Copper: 0.19mg (9.28%), Fiber: 2.31g (9.25%), Folate: 18.29µg (4.57%), Vitamin E: 0.67mg (4.46%), Calcium: 41.65mg (4.16%), Vitamin D: 0.51µg (3.39%), Vitamin A: 122.95IU (2.46%)