



Spiced Apple Pork Chops

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

READY IN



45 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.3 cup firmly brown sugar packed
- 1 teaspoon canola oil
- 5 ounce apples dried
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.5 teaspoon ground ginger
- 8 ounce prechopped onion refrigerated ()

- 32 ounce center-cut pork chops bone-in ()
- 0.3 teaspoon salt
- 2 cups water

Equipment

- frying pan
- slow cooker

Directions

- Sprinkle pork with salt and pepper.
- Heat a large nonstick skillet over medium-high heat.
- Add oil to pan; swirl to coat.
- Add pork to pan; cook 3 minutes on each side or until browned.
- Transfer pork to a 5-quart electric slow cooker coated with cooking spray, reserving drippings in pan. Reduce heat to medium.
- Add onion to drippings in pan; saut 3 minutes or until tender. Stir in 2 cups water, scraping pan to loosen browned bits. Stir in brown sugar and next 3 ingredients (through ginger).
- Remove pan from heat.
- Add apples to slow cooker; pour onion mixture over apples. Cover and cook on LOW for 3 to 3 1/2 hours or until tender.
- Serve pork chops with apple mixture.

Nutrition Facts



PROTEIN 38.07% **FAT 29.11%** **CARBS 32.82%**

Properties

Glycemic Index:23.25, Glycemic Load:7.09, Inflammation Score:-5, Nutrition Score:29.268695563078%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg,

Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.51mg, Quercetin:
11.51mg, Quercetin: 11.51mg, Quercetin: 11.51mg

Nutrients (% of daily need)

Calories: 524.8kcal (26.24%), Fat: 16.97g (26.1%), Saturated Fat: 5.69g (35.59%), Carbohydrates: 43.04g (14.35%),
Net Carbohydrates: 38.55g (14.02%), Sugar: 36.04g (40.04%), Cholesterol: 151.95mg (50.65%), Sodium: 297.93mg
(12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.93g (99.86%), Selenium: 76.16µg (108.81%), Vitamin
B1: 1.54mg (102.65%), Vitamin B3: 18.56mg (92.82%), Vitamin B6: 1.77mg (88.43%), Phosphorus: 544.41mg (54.44%),
Potassium: 1117.84mg (31.94%), Vitamin B2: 0.49mg (28.99%), Zinc: 3.73mg (24.84%), Manganese: 0.48mg (24.14%),
Vitamin B12: 1.2µg (20.03%), Magnesium: 74.64mg (18.66%), Vitamin B5: 1.83mg (18.31%), Fiber: 4.5g (17.98%),
Copper: 0.25mg (12.47%), Iron: 1.99mg (11.07%), Vitamin C: 5.6mg (6.79%), Vitamin D: 0.91µg (6.05%), Calcium:
56.91mg (5.69%), Vitamin E: 0.71mg (4.7%), Vitamin K: 2.92µg (2.79%), Folate: 11.08µg (2.77%)