



Spiced Pork Chops with Apple Chutney

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups apples cubed peeled () (3 apples)
- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon butter
- ☐ 3 tablespoons cider vinegar
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 teaspoon mustard dry
- ☐ 2 teaspoons ginger fresh minced peeled

- ☐ 0.5 teaspoon garlic powder
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.8 teaspoon chipotle chili powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 16 ounce center-cut pork loin chops boneless trimmed
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt

Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ To prepare chutney, melt butter in a nonstick skillet over medium-high heat.
- ☐ Add apple; saut 4 minutes or until lightly browned.
- ☐ Add cranberries and the next 6 ingredients (through allspice); bring to a boil. Reduce heat, and simmer 8 minutes or until apples are tender; stir occasionally.
- ☐ To prepare pork, while chutney simmers, heat a grill pan over medium-high heat.
- ☐ Combine chipotle and next 4 ingredients (through black pepper); sprinkle over pork. Coat grill pan with cooking spray.
- ☐ Add pork to pan; cook 4 minutes on each side or until done.
- ☐ Serve with chutney.
- ☐ Slender haricots verts are a pretty and quick-cooking complement to the meal.
- ☐ Heat 2 teaspoons olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add 12 ounces haricots verts to pan; cook 3 minutes, stirring occasionally. Stir in 1/4 teaspoon salt, 1/8 teaspoon black pepper, and 2 thinly sliced garlic cloves; cook 5 minutes or until garlic is lightly browned.

Nutrition Facts



Properties

Glycemic Index:47.25, Glycemic Load:5.8, Inflammation Score:-4, Nutrition Score:16.270434789036%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 11.77mg, Epicatechin: 11.77mg, Epicatechin: 11.77mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg, Quercetin: 6.61mg

Nutrients (% of daily need)

Calories: 346.96kcal (17.35%), Fat: 11.22g (17.26%), Saturated Fat: 4.65g (29.05%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 33.2g (12.07%), Sugar: 30.59g (33.99%), Cholesterol: 83.5mg (27.83%), Sodium: 524.67mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.11g (50.22%), Selenium: 38.24µg (54.63%), Vitamin B1: 0.79mg (52.58%), Vitamin B3: 9.32mg (46.61%), Vitamin B6: 0.91mg (45.53%), Phosphorus: 281.52mg (28.15%), Potassium: 637.33mg (18.21%), Fiber: 4.5g (18%), Vitamin B2: 0.26mg (15.26%), Zinc: 1.89mg (12.61%), Magnesium: 41.92mg (10.48%), Vitamin B12: 0.61µg (10.12%), Vitamin B5: 0.96mg (9.63%), Vitamin C: 7.35mg (8.9%), Manganese: 0.16mg (7.78%), Copper: 0.13mg (6.46%), Vitamin A: 288.62IU (5.77%), Iron: 1.04mg (5.75%), Vitamin E: 0.82mg (5.5%), Vitamin K: 4.87µg (4.64%), Calcium: 32.13mg (3.21%), Vitamin D: 0.45µg (3.02%), Folate: 5.52µg (1.38%)