



Stovetop Pork Chops with Cabbage and Apples

 **Gluten Free** Image not found or type unknown

READY IN

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ready

55 min.

SERVINGS

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servings

5

CALORIES

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calories

391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small can canned tomatoes whole peeled
- ☐ 3 tablespoons canola oil
- ☐ 2 teaspoons caraway seeds
- ☐ 3 tablespoons cilantro leaves finely chopped
- ☐ 2 teaspoons coriander seeds crushed
- ☐ 2 teaspoons cumin seeds
- ☐ 2 knobs ginger fresh finely grated peeled

- ☐ 1 teaspoon ginger dry
- ☐ 2 apples green washed cored halved cut into 1/ slices
- ☐ 1 teaspoon hungarian paprika
- ☐ 1 tablespoon kosher salt plus more for seasoning
- ☐ 1 poblano pepper washed cored seeded cut into thin slices
- ☐ 5 pork loin chops thick bone-on
- ☐ 1 teaspoons red wine vinegar
- ☐ 2 small heads savoy cabbage cored cleaned thinly sliced
- ☐ 2 tablespoons butter unsalted
- ☐ 2 teaspoons pepper white freshly ground plus more for seasoning

Equipment

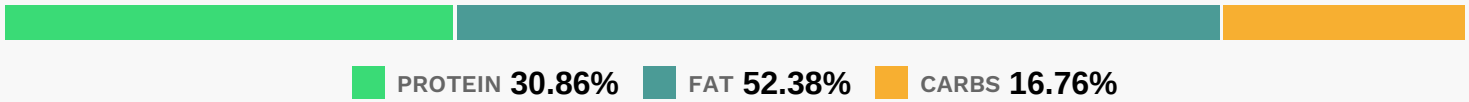
- ☐ frying pan
- ☐ spatula
- ☐ tongs

Directions

- ☐ In a large saute pan, melt 2 tablespoons of butter over medium heat.
- ☐ Add the cumin, caraway and coriander seeds toasting them slightly for 30 seconds. Do not let them turn dark brown.
- ☐ Immediately add the cabbage. Toss to coat with the butter and spices. Season with salt, white pepper. Cook over medium heat, stirring from time to time, 10 to 15 minutes. Taste, for seasoning.
- ☐ Add the fresh ginger, dry ginger, tomatoes, and poblano pepper and stir to blend. Taste for seasoning and cook for 5 to 8 minutes or until the cabbage is tender.
- ☐ Lower the heat and add the cilantro. Bring the mixture to a simmer.
- ☐ Remove from the heat and keep warm while cooking the pork chops. Note: I find the cabbage tastes even better the next day when all of the flavors have had time to meld together.
- ☐ Heat a skillet large enough to hold the pork chops in a single layer. Season each chop on both sides with salt and pepper.

- ☐ Sprinkle with paprika.
- ☐ Pour oil in the skillet. When the oil begins to smoke lightly, remove the pan from the heat and gently arrange the pork chops in a single layer. Immediately return the skillet to the heat and brown on the first side, 2 to 3 minutes. Use a pair of tongs or a spatula to turn the chops on their second side. Brown about 2 to 3 minutes. Reduce the heat and cook for an additional 5 minutes. Turn the chops back to the first side and cook for 5 to 6 minutes. Season them again, lightly, with salt and pepper.
- ☐ Heat the cabbage, stir in the apple slices and add the red wine vinegar. Arrange cabbage on the bottom of a serving platter.
- ☐ Remove the pork chops and place them on top of the cabbage.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:2.77, Inflammation Score:-6, Nutrition Score:22.814782619476%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 391.24kcal (19.56%), Fat: 23.03g (35.42%), Saturated Fat: 6.87g (42.92%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 12.5g (4.54%), Sugar: 10.19g (11.32%), Cholesterol: 101.82mg (33.94%), Sodium: 1581.69mg (68.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.53g (61.05%), Vitamin B1: 0.97mg (64.61%), Selenium: 44.91µg (64.15%), Vitamin B6: 1.17mg (58.28%), Vitamin B3: 11.61mg (58.03%), Vitamin C: 30.93mg (37.49%), Phosphorus: 347.68mg (34.77%), Potassium: 826.37mg (23.61%), Vitamin B2: 0.34mg (19.72%), Vitamin E: 2.72mg (18.16%), Fiber: 4.08g (16.33%), Zinc: 2.41mg (16.08%), Magnesium: 59.67mg (14.92%), Iron: 2.65mg (14.74%), Vitamin K: 13.51µg (12.87%), Vitamin B12: 0.72µg (12%), Vitamin A: 599.13IU (11.98%), Vitamin B5: 1.16mg (11.59%),

Manganese: 0.23mg (11.4%), Copper: 0.2mg (10.2%), Calcium: 65.97mg (6.6%), Vitamin D: 0.62µg (4.13%), Folate: 12.3µg (3.08%)