

 100%
HEALTH SCORE

Super Simple Pork Chops



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



2959 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 0.3 cup maple syrup
- ☐ 4 pork loin chops boneless

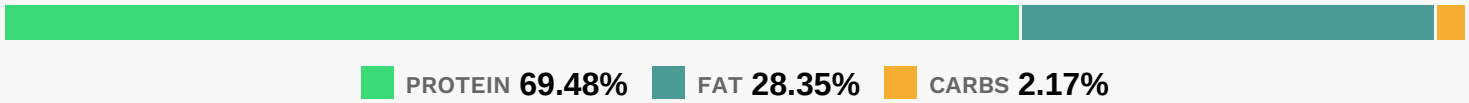
Equipment

- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Heat a large skillet over medium-high heat. Brown the pork chops in the hot pan, about 4 to 5 minutes per side.
- ☐ Pour in the apple juice and maple syrup; reduce heat and simmer until the juice has reduced and thickened slightly.
- ☐ Cook until the pork is no longer pink in the center. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:19.31, Glycemic Load:5.65, Inflammation Score:-9, Nutrition Score:58.798695690282%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 2958.87kcal (147.94%), Fat: 89.14g (137.13%), Saturated Fat: 27.4g (171.23%), Carbohydrates: 15.31g (5.1%), Net Carbohydrates: 15.28g (5.56%), Sugar: 13.55g (15.06%), Cholesterol: 1382.85mg (460.95%), Sodium: 1077.98mg (46.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 491.48g (982.95%), Selenium: 608.03µg (868.61%), Vitamin B6: 16.58mg (828.75%), Vitamin B1: 9.74mg (649.36%), Vitamin B3: 126.13mg (630.65%), Phosphorus: 4939.83mg (493.98%), Zinc: 39.65mg (264.36%), Vitamin B2: 4.36mg (256.64%), Potassium: 8270.24mg (236.29%), Vitamin B12: 11.19µg (186.57%), Vitamin B5: 16.36mg (163.6%), Magnesium: 575.7mg (143.93%), Iron: 11.89mg (66.08%), Copper: 1.27mg (63.75%), Vitamin D: 8.78µg (58.53%), Manganese: 0.63mg (31.4%), Vitamin E: 2.86mg (19.03%), Calcium: 132.93mg (13.29%)