



Zesty Pork Chops

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples peeled cut into 1/ slices
- 1.3 pounds pork chops bone-in
- 2 tablespoons brown sugar packed
- 4 servings flour all-purpose
- 2 tablespoons olive oil
- 1 cup picante sauce pace®

Equipment

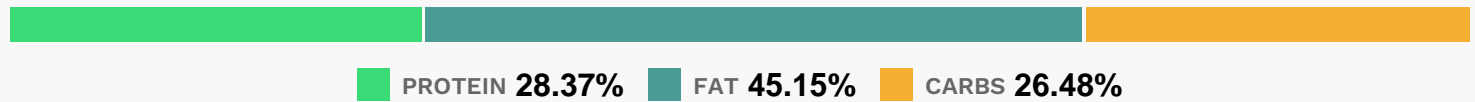
- bowl

frying pan

Directions

- Coat the pork with the flour. Stir the picante sauce, brown sugar and apple in a medium bowl.
- Heat the oil in a 12-inch skillet over medium-high heat.
- Add the pork and cook for 10 minutes or until well browned on both sides.
- Pour off any fat.
- Pour the picante sauce mixture over the pork. Reduce the heat to low. Cover and cook for 20 minutes or until the pork is cooked through.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:5.8, Inflammation Score:-5, Nutrition Score:15.644782750503%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 335.22kcal (16.76%), Fat: 16.87g (25.96%), Saturated Fat: 4.19g (26.16%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 19.8g (7.2%), Sugar: 13.05g (14.5%), Cholesterol: 73.35mg (24.45%), Sodium: 487.3mg (21.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.71%), Selenium: 39.13µg (55.9%), Vitamin B6: 0.88mg (43.99%), Vitamin B3: 8.26mg (41.28%), Vitamin B1: 0.61mg (40.33%), Phosphorus: 256.33mg (25.63%), Potassium: 597.11mg (17.06%), Vitamin B2: 0.27mg (15.92%), Zinc: 2.08mg (13.89%), Vitamin E: 2.02mg (13.43%), Magnesium: 40.79mg (10.2%), Fiber: 2.46g (9.86%), Vitamin B5: 0.95mg (9.48%), Vitamin B12: 0.56µg (9.39%), Iron: 1.43mg (7.93%), Manganese: 0.15mg (7.59%), Vitamin K: 7.97µg (7.59%), Vitamin A: 342.95IU (6.86%), Copper: 0.14mg (6.76%), Calcium: 47.3mg (4.73%), Folate: 17.75µg (4.44%), Vitamin C: 3.33mg (4.03%), Vitamin D: 0.53µg (3.54%)