

Recipe Analyzer Results

A single serving of this recipe has 242 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 242

% Daily Value\*

Total Fat 5.9g	8%
Saturated Fat 1.7g	8%
Cholesterol 93mg	31%
Sodium 189mg	8%
Total Carbohydrate 12g	4%
Dietary Fiber 2.6g	9%
Total Sugars 8.5g	
Protein 34.2g	
Vitamin D 0mcg	0%
Calcium 17mg	1%
Iron 7mg	41%

Ingredients:

- 5 ml (1 tsp) canola oil
- 2 cloves garlic, minced
- 5 ml (1 tsp) dried thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 4 boneless pork loin chops, about 500 g/1 lb
- 2 red skinned apples, cored and sliced
- 125 ml (1/2 cup) sodium reduced chicken or vegetable broth
- 5 ml (1 tsp) Dijon mustard
- 2 ml (1/2 tsp) cornstarch

Potassium 672mg

14%

## Nutrition Facts

Servings: 4

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**