

Tender Pork Chops with Cider Sauce

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Servings: 4

2 tablespoons olive oil, divided
4 (2-1/2 pound total) bone-in pork chops, trimmed of excess fat
Kosher salt
pepper
3 leeks (white and light green parts only), sliced
1 1/2 cups apple cider
1 1/2 cups low-sodium chicken broth
1 tablespoon cider vinegar
3 sprigs fresh rosemary
3 sprigs fresh sage
1 bulb fennel, cut into wedges
1 apple, cored and cut into wedges

Preparation Time: 25 minutes

In a large skillet over medium-high heat, heat the oil. Season the pork chops with salt and pepper. Add to the skillet. Cook until golden brown, flipping once, for about 4 minutes per side. Place in a five- or six-quart slow cooker.

Reduce the skillet heat to medium. Add the remaining oil and leeks to the skillet. Cook, stirring occasionally, until softened, for about 7 minutes. Place in the slow cooker.

Add the cider and broth to the skillet and stir to scrape up any brown bits. Pour the mixture into the slow cooker.

Place the vinegar, rosemary, sage and fennel in the slow cooker. Cover and cook on LOW until the pork is very tender, four to five hours.

Discard the rosemary and sage. Place the pork chops and fennel on a serving plate and tent with foil. Transfer the cooking liquid to a large skillet. Add the apple pieces. Cook over high heat until the sauce is thickened and the apples are tender, about 5 minutes.

Divide the chops, fennel, apples and sauce among the plates. Serve.

Start to Finish Time: 5 hours 25 minutes

Per Serving (excluding unknown items): 143 Calories; 8g Fat (43.5% calories from fat); 5g Protein; 19g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Pork, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	143	Vitamin B6 (mg):	.1mg
% Calories from Fat:	43.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	45.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	11.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	11mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	19g		
Dietary Fiber (g):	2g		
Protein (g):	5g		
Sodium (mg):	29mg		
Potassium (mg):	303mg		
Calcium (mg):	31mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	5mg		
Vitamin A (i.u.):	67IU		
Vitamin A (r.e.):	6 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	0
Fruit:	1
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	143	Calories from Fat: 62
% Daily Values*		
Total Fat	8g	12%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	29mg	1%
Total Carbohydrates	19g	6%
Dietary Fiber	2g	7%
Protein	5g	
Vitamin A		1%
Vitamin C		9%
Calcium		3%
Iron		6%

* Percent Daily Values are based on a 2000 calorie diet.