



APPLE CIDER PORK CHOP

Yield: 4 Servings

Ingredients

- 4 each
- ¼ cup
- 1 teaspoon
- 1 tablespoon
- 1 teaspoon
- ¼ cup
- 1 cup
- ½ teaspoon
- 1 ¾ teaspoons
- 2 teaspoons
- ½ teaspoon
- ¼ teaspoon
- Pork Chops, bone in
- Yellow Onion, minced
- Garlic Cloves, minced
- Dijon Mustard
- Honey
- Canola Oil
- Apple Cider
- Fresh Thyme, stemmed and minced
- Cornstarch
- Water
- Salt
- Black Pepper

Procedures

1. Preheat the oven to 350°F.
2. Add the cornstarch to a mixer bowl, add the water and whisk, incorporating until smooth to form slurry. Reserve.
3. In a pan, heat canola oil. Season pork chops with salt and pepper and sear in the pan until each side is lightly browned. Remove from the pan and place pork chops on a sheet tray to finish in the oven. Cook for 20–30 minutes or to an internal temperature of 145°F.
4. In the same pan used to sear pork chops, sauté the onions and garlic. Add the thyme.
5. Next add the honey, mustard and apple cider. Bring to a boil and thicken with the cornstarch slurry.
6. Ladle sauce over the pork chops. Serve immediately and enjoy!

Nutrition Facts

Serving size	5 oz. (147 g)
Amount per serving	280
Calories	
	% Daily Value*
Total Fat 18g	25%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 64mg	20%
Sodium 458mg	20%
Total Carbohydrate 4g	0%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 27g	
Vitamin D 1mcg	4%
Calcium 14mg	0%
Iron 1mg	6%
Potassium 456mg	10%

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

