

APPLE CINNAMON PORK CHOPS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 4 (Serving = 1 pork chop)

Nutrition (per serving)

Calories: 233

Total Fat: 8 g

Saturated Fat: 2 g

Sodium: 100 mg

Total Carbohydrate: 14 g

Dietary Fiber: 1 g

Total Sugars: 11 g

Protein: 26 g

Ingredients

- 2 apples, thinly sliced
- 4 - 4 ounce boneless pork chops
- Salt (*optional*)
- Pepper (*optional*)
- 2 Tablespoons margarine
- 2 Tablespoons brown sugar
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Spray a 9x13 baking dish with non-stick cooking spray
3. Layer apples in a single layer on bottom of baking dish.
4. Lay pork chops on top of apples and sprinkle with salt and pepper if desired.
5. In a small microwave safe bowl, melt butter.
6. Add brown sugar, cinnamon, and nutmeg to melted butter and mix until well combined.
7. Evenly distribute butter mixture among pork chops. Spread mixture on pork chops.
8. Bake uncovered for 35 minutes. (Time may vary pending on thickness of pork chop).