

APPLE CINNAMON GLAZED PORKCHOPS



Apple Cinnamon Glazed Porkchops

Ingredients:

- 80 g butter
- 400g porckchops (100g per chop)
- 24g brown sugar
- 1 tbsp cinnamon
- 3 mcintosh apples

Directions:

1. Melt butter in skillet
2. Add the chops and cook fully
3. Remove the chops
4. Add the remaining ingredients into
5. the butter left in the skillet
6. Peel and chop apples
7. Add sliced apples to the skillet
8. Cook until soft
9. Top the pork chops

Makes:

4 pork chops

Cals: 317

Fat: 29g

Carb: 15g

Pro: 23g