

Pork Chops and Sauerkraut

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-pork-chops-and-sauerkraut-recipe>

Ingredients:

- 2 tablespoons vegetable oil
- 4 pork chops 3/4 inch thick
- 2 cloves garlic minced
- 1 onion thinly sliced
- 16 ounces sauerkraut
- 1 teaspoon caraway seed
- 2 tablespoons apple juice
- salt
- pepper

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 75 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 35 grams
7. SaturatedFat: 2 grams
8. Sodium: 900 milligrams
9. Sugar: 4 grams

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