

food
network

 **67%**
HEALTH SCORE

Baked Pork Chops with Sweet Potatoes and Pears

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 3 tablespoons butter melted
- 2 eggs beaten
- 3 tablespoons flour all-purpose
- 1 tablespoon herbs de provence
- 1 cup seasoned bread crumbs italian
- 3 pears cored peeled quartered

- 0.3 cup pecans chopped
- 16 servings pork loin chops bone-in (3/)
- 36 ounce cut sweet potatoes drained canned

Equipment

- bowl
- frying pan
- oven
- baking pan
- roasting pan

Directions

- Preheat oven to 350 degrees F.
- In an 8-inch square baking dish, combine sweet potatoes and pears. In a small bowl, mix pecans, brown sugar, 3 tablespoons of flour, and the melted butter to make a paste. Crumble mixture over potatoes and pears.
- Bake for 20 to 30 minutes, or until potatoes and pears are tender.
- Meanwhile, spray a roasting pan and rack with cooking spray.
- Place beaten egg in a shallow bowl, place remaining 1/2 cup flour on a plate and place bread crumbs mixed with herbs de Provence on another plate. Dredge pork chops in flour. Dip in egg and then the bread crumb mixture, coating the pork evenly all over. Arrange chops on a rack in prepared pan and coat lightly with cooking spray.
- Bake alongside pears for 20 minutes, or until pork is cooked to your desired degree of doneness.
- Serve pork with sweet potatoes and pears.

Nutrition Facts



Properties

Glycemic Index:57.44, Glycemic Load:34.42, Inflammation Score:-10, Nutrition Score:60.847391584645%

Flavonoids

Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg, Catechin: 1.02mg Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg, Epigallocatechin: 1.3mg Epicatechin: 5.09mg, Epicatechin: 5.09mg, Epicatechin: 5.09mg, Epicatechin: 5.09mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 1503.63kcal (75.18%), Fat: 56.43g (86.82%), Saturated Fat: 20.31g (126.92%), Carbohydrates: 116.52g (38.84%), Net Carbohydrates: 101.86g (37.04%), Sugar: 43.67g (48.52%), Cholesterol: 463.83mg (154.61%), Sodium: 904.3mg (39.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 128.62g (257.24%), Vitamin A: 36734.52IU (734.69%), Selenium: 195.87µg (279.81%), Vitamin B1: 4.2mg (279.8%), Vitamin B3: 46.83mg (234.14%), Vitamin B6: 4.59mg (229.35%), Phosphorus: 1480.46mg (148.05%), Potassium: 3191.94mg (91.2%), Vitamin B2: 1.45mg (85.54%), Manganese: 1.6mg (79.94%), Zinc: 10.45mg (69.65%), Vitamin B5: 6.67mg (66.66%), Magnesium: 245.22mg (61.3%), Fiber: 14.66g (58.63%), Vitamin B12: 3.16µg (52.66%), Copper: 1.02mg (50.91%), Iron: 8.2mg (45.54%), Vitamin K: 42.55µg (40.52%), Folate: 98.98µg (24.75%), Calcium: 236.84mg (23.68%), Vitamin D: 2.58µg (17.23%), Vitamin C: 13.27mg (16.09%), Vitamin E: 2.28mg (15.19%)