



Baked Pork Chops with Swiss Chard

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup fontina grated
- 4 servings fresh-ground pepper black
- 3 tablespoons olive oil
- 1.5 tablespoons parmesan grated
- 4 pork chops (2 pounds in all)
- 0.5 teaspoon salt
- 1 pound swiss chard washed and cut crosswise into 1-inch pieces

Equipment

- bowl
- oven
- baking pan

Directions

- Heat the oven to 45
- Oil a 7 1/2-by-11 1/2-inch baking dish. In a medium bowl, toss the Swiss chard with 1 tablespoon of the oil, 1/4 teaspoon of the salt, and 1/4 teaspoon pepper.
- Put the chard in the baking dish.
- Rub the pork chops with 1 tablespoon of the oil, the remaining 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- Put the pork chops on top of the Swiss chard.
- Drizzle the remaining tablespoon oil over the chard, around the pork chops.
- Sprinkle the Parmesan and fontina over the chard, around the chops.
- Bake until the chops are just done, about 18 minutes.
- Let stand 5 minutes before serving.
- Swiss Chard: You can use either green or red Swiss chard for this dish. You'll want to rinse the leaves thoroughly before cooking, but don't dry them. The moisture will help keep the chard from drying out during cooking.
- Wine Recommendation: Wines based on the sangiovese grape work particularly well with pork chops. Try a Vino Nobile di Montepulciano, similar to Chianti but richer, earthier, and more powerful.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.87, Inflammation Score:-10, Nutrition Score:33.515217553014%

Flavonoids

Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol:

6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg, Kaempferol: 6.58mg Myricetin: 3.52mg, Myricetin: 3.52mg, Myricetin: 3.52mg, Myricetin: 3.52mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 393.85kcal (19.69%), Fat: 25.65g (39.45%), Saturated Fat: 8.24g (51.52%), Carbohydrates: 4.62g (1.54%), Net Carbohydrates: 2.78g (1.01%), Sugar: 1.52g (1.69%), Cholesterol: 110.19mg (36.73%), Sodium: 758.81mg (32.99%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 35.82g (71.65%), Vitamin K: 948.15µg (903%), Vitamin A: 7106.62IU (142.13%), Selenium: 48.19µg (68.85%), Vitamin B1: 0.94mg (62.9%), Vitamin B3: 11.19mg (55.94%), Vitamin B6: 1.1mg (55.04%), Phosphorus: 425.26mg (42.53%), Vitamin C: 34.02mg (41.24%), Magnesium: 130.01mg (32.5%), Potassium: 943.38mg (26.95%), Vitamin E: 3.88mg (25.86%), Vitamin B2: 0.39mg (22.94%), Manganese: 0.44mg (22.03%), Zinc: 3.12mg (20.77%), Calcium: 180.89mg (18.09%), Vitamin B12: 1.01µg (16.83%), Iron: 2.84mg (15.75%), Copper: 0.28mg (14.22%), Vitamin B5: 1.25mg (12.5%), Fiber: 1.84g (7.36%), Vitamin D: 0.64µg (4.3%), Folate: 17.01µg (4.25%)