



Fall Pork Dinner (Cooking for 2)

 Dairy Free

READY IN



65 min.

SERVINGS



3

CALORIES



369 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 1 tablespoon butter firm
- 0.5 teaspoon ground cinnamon
- 0.5 small acorn squash
- 1 small cooking oil red unpeeled
- 0.3 cup baking mix bisquick heart smart®
- 0.5 teaspoon lawry's seasoned salt
- 0.1 teaspoon pepper

- 5 saltines crushed
- 1 egg whites
- 1 tablespoon water
- 0.8 lb pork loin boneless

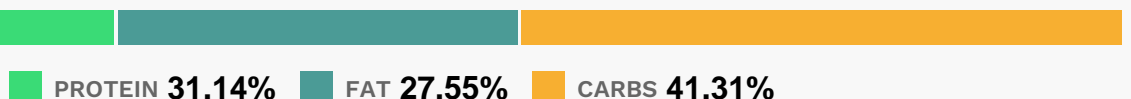
Equipment

- bowl
- frying pan
- oven
- glass baking pan

Directions

- Heat oven to 350°F. In small bowl, mix brown sugar, margarine and cinnamon until crumbly; set aside.
- Cut squash into 1/2-inch rings.
- Cut rings in half; remove seeds.
- Cut apple into chunks.
- In shallow dish, stir together Bisquick® mix, seasoned salt, pepper and cracker crumbs. In another shallow dish, mix egg white and water. Dip pork into egg mixture, then coat with Bisquick mixture.
- Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook pork in skillet 6 to 8 minutes, turning once, until coating is brown.
- Place pork in ungreased 8-inch square or 11x7-inch (2-quart) glass baking dish. Arrange squash and apples around pork.
- Sprinkle with brown sugar mixture.
- Bake uncovered 40 to 45 minutes or until squash is tender and until pork is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:17.573043470797%

Nutrients (% of daily need)

Calories: 368.78kcal (18.44%), Fat: 11.27g (17.35%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 38.05g (12.68%), Net Carbohydrates: 36.35g (13.22%), Sugar: 19.48g (21.64%), Cholesterol: 71.71mg (23.9%), Sodium: 728.52mg (31.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.68g (57.36%), Selenium: 35.52µg (50.74%), Vitamin B6: 0.99mg (49.52%), Vitamin B1: 0.72mg (47.71%), Vitamin B3: 7.98mg (39.91%), Phosphorus: 367.76mg (36.78%), Potassium: 747.97mg (21.37%), Vitamin B2: 0.35mg (20.46%), Zinc: 2.27mg (15.11%), Magnesium: 60.25mg (15.06%), Manganese: 0.3mg (14.89%), Vitamin B5: 1.32mg (13.23%), Vitamin B12: 0.65µg (10.81%), Iron: 1.94mg (10.78%), Vitamin C: 7.96mg (9.65%), Folate: 36.24µg (9.06%), Vitamin A: 432.58IU (8.65%), Copper: 0.15mg (7.71%), Calcium: 75.61mg (7.56%), Fiber: 1.7g (6.78%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.43mg (2.89%), Vitamin K: 2.61µg (2.49%)