



Fried Pork Chops with Roasted Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cajun spice
- ☐ 1 tablespoon thyme leaves dried
- ☐ 1.5 teaspoons thyme leaves dried
- ☐ 0.3 cup flour all-purpose
- ☐ 4 garlic cloves pressed
- ☐ 0.3 cup olive oil
- ☐ 0.3 teaspoon pepper
- ☐ 3 inch pork loin chops bone-in

- ☐ 1 portobello mushroom quartered
- ☐ 1 purple onion sliced
- ☐ 4 medium size potatoes red cut into 8 wedges
- ☐ 1.5 teaspoons salt
- ☐ 1.3 cups vegetable oil
- ☐ 1 baby squash yellow quartered
- ☐ 1 zucchini quartered

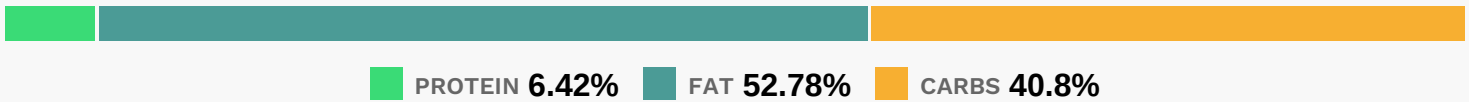
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Toss together first 6 ingredients in a 15- x 10-inch jellyroll pan.
- ☐ Bake at 400 for 20 minutes.
- ☐ Add onion and next 3 ingredients, and bake, stirring occasionally, 15 more minutes. Keep warm.
- ☐ Stir together flour, thyme, and Cajun seasoning in a shallow bowl. Dredge pork chops in flour mixture.
- ☐ Fry pork chops in hot vegetable oil in a large heavy skillet over medium heat 3 minutes on each side or until done.
- ☐ Serve pork chops with roasted vegetables.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:5.73, Inflammation Score:-10, Nutrition Score:22.737391453722%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg, Quercetin: 7.34mg

Nutrients (% of daily need)

Calories: 465.58kcal (23.28%), Fat: 28.32g (43.58%), Saturated Fat: 4.24g (26.5%), Carbohydrates: 49.27g (16.42%), Net Carbohydrates: 42.46g (15.44%), Sugar: 7g (7.78%), Cholesterol: 1.28mg (0.43%), Sodium: 922.11mg (40.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Vitamin K: 68.31µg (65.05%), Vitamin C: 39.09mg (47.39%), Potassium: 1422.57mg (40.64%), Manganese: 0.78mg (39.03%), Vitamin B6: 0.71mg (35.64%), Fiber: 6.82g (27.26%), Iron: 4.62mg (25.67%), Vitamin E: 3.83mg (25.53%), Vitamin B3: 4.76mg (23.81%), Folate: 94.45µg (23.61%), Copper: 0.46mg (22.75%), Vitamin A: 1126.68IU (22.53%), Vitamin B1: 0.34mg (22.41%), Phosphorus: 223.61mg (22.36%), Magnesium: 76.1mg (19.03%), Vitamin B2: 0.29mg (17%), Selenium: 9.19µg (13.13%), Vitamin B5: 1.15mg (11.55%), Zinc: 1.44mg (9.62%), Calcium: 81.4mg (8.14%)