



Gluten-Free Roasted Pork Chops and Vegetables

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons parsley
- 0.5 teaspoon marjoram dried
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon garlic salt
- 0.3 teaspoon pepper
- 1 pound lamb rib chops
- 1 serving olive oil cooking spray

- 6 baby potatoes cut into fourths (3 cups)
- 4 ounces mushrooms cut in half (1 1/2 cups)
- 1 medium bell pepper green cut into 1-inch pieces
- 1 medium onion cut into thin wedges
- 1 medium tomatoes cut into 8 wedges

Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 425°F. Spray jelly roll pan, 15 1/2x10 1/2x1 inch, with cooking spray.
- Mix parsley, marjoram, thyme, garlic salt and pepper. Spray both sides of pork chops with cooking spray.
- Sprinkle with 1 to 1 1/2 teaspoons herb mixture.
- Place in corners of pan.
- Mix potatoes, mushrooms, bell pepper and onion in large bowl. Spray vegetables 2 or 3 times with cooking spray; stir.
- Sprinkle with remaining herb mixture; toss to coat.
- Spread evenly in center of pan between pork chops.
- Bake uncovered 45 minutes. Turn pork; stir vegetables.
- Place tomato wedges over vegetables.
- Bake uncovered 10 to 15 minutes or until pork is slightly pink when cut near bone and vegetables are tender.

Nutrition Facts

 **PROTEIN 36.58%**  **FAT 34.09%**  **CARBS 29.33%**

Properties

Glycemic Index:66.94, Glycemic Load:11.94, Inflammation Score:-7, Nutrition Score:20.74521731812%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg, Apigenin: 2.26mg Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg, Luteolin: 1.53mg Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg, Isorhamnetin: 1.54mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg, Quercetin: 7.01mg

Nutrients (% of daily need)

Calories: 285.99kcal (14.3%), Fat: 10.81g (16.63%), Saturated Fat: 3.82g (23.89%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 17.36g (6.31%), Sugar: 3.91g (4.34%), Cholesterol: 74.84mg (24.95%), Sodium: 382.62mg (16.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.1g (52.2%), Vitamin C: 47.78mg (57.91%), Vitamin B12: 2.71µg (45.17%), Vitamin B3: 8.96mg (44.78%), Selenium: 28.33µg (40.47%), Zinc: 4.85mg (32.32%), Phosphorus: 299.53mg (29.95%), Vitamin B6: 0.58mg (29.24%), Potassium: 914.16mg (26.12%), Vitamin B2: 0.39mg (23.05%), Copper: 0.36mg (17.95%), Vitamin B1: 0.27mg (17.84%), Iron: 3.01mg (16.73%), Manganese: 0.3mg (15.12%), Magnesium: 60.19mg (15.05%), Vitamin B5: 1.5mg (15.04%), Fiber: 3.56g (14.24%), Folate: 55.14µg (13.79%), Vitamin A: 382.99IU (7.66%), Vitamin K: 7.3µg (6.95%), Calcium: 39.48mg (3.95%), Vitamin E: 0.51mg (3.43%)