



Gluten-Free Roasted Pork Chops and Vegetables

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon garlic salt
- ☐ 1 medium bell pepper green cut into 1-inch pieces
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon marjoram dried
- ☐ 4 ounces mushrooms cut in half (1 1/2 cups)
- ☐ 6 baby potatoes cut into fourths (3 cups)
- ☐ 1 medium onion cut into thin wedges

- ☐ 2 teaspoons parsley
- ☐ 1 pound pork chops
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 medium tomatoes cut into 8 wedges

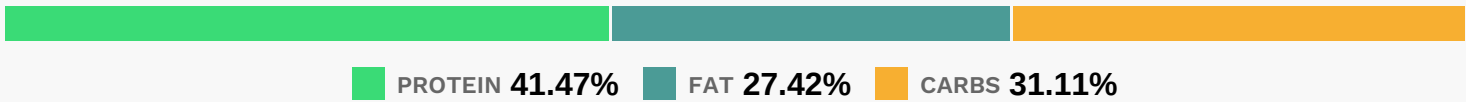
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425F. 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



Properties

Glycemic Index:66.94, Glycemic Load:11.94, Inflammation Score:-7, Nutrition Score:22.671304371046%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 269.92kcal (13.5%), Fat: 8.19g (12.61%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 17.36g (6.31%), Sugar: 3.91g (4.34%), Cholesterol: 75.98mg (25.33%), Sodium: 355.39mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.88g (55.76%), Vitamin B6: 1.23mg (61.33%), Vitamin B1: 0.89mg (59.19%), Selenium: 40.58µg (57.96%), Vitamin C: 47.78mg (57.91%), Vitamin B3: 11.34mg (56.68%), Phosphorus: 350.56mg (35.06%), Potassium: 1036.63mg (29.62%), Vitamin B2: 0.37mg (22.05%), Vitamin B5: 1.59mg (15.91%), Magnesium: 61.33mg (15.33%), Zinc: 2.3mg (15.31%), Copper: 0.3mg (14.83%), Fiber: 3.56g (14.24%), Manganese: 0.28mg (14.16%), Vitamin B12: 0.61µg (10.21%), Iron: 1.69mg (9.36%), Folate: 31.33µg (7.83%), Vitamin A: 387.53IU (7.75%), Vitamin K: 7.3µg (6.95%), Vitamin D: 0.51µg (3.4%), Calcium: 33.81mg (3.38%), Vitamin E: 0.45mg (2.98%)