



HEALTH SCORE

63%

Harvest Pork Chop Bake



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon sage dried
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 24 oz pork loin chops bone-in (3/)
- ☐ 2 lb butternut squash peeled seeded cut into 1/2 to 1-inch pieces (3 cups)
- ☐ 1 medium bell pepper green cut into 1/2-inch pieces

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1 medium onion red cut into 1/2-inch wedges

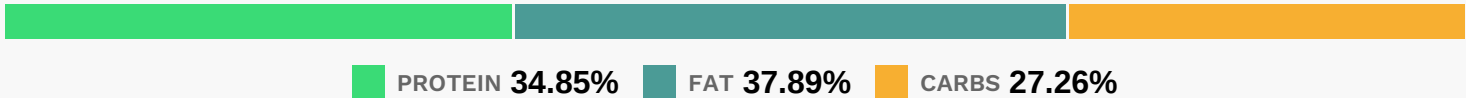
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 425°F. Spray 15x10-inch baking pan with sides with nonstick cooking spray. In large bowl, combine oil, sage, marjoram, garlic-pepper blend and seasoned salt; mix well.
- ☐ Brush some of mixture over both sides of pork chops.
- ☐ Place pork chops in corners of sprayed pan.
- ☐ Add squash, bell pepper and onion to remaining mixture in bowl; toss to coat. Arrange vegetables in pan with pork chops.
- ☐ Bake at 425°F. for 35 to 40 minutes or until pork chops are no longer pink in center and squash is tender, turning chops and stirring vegetables once.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:0.89, Inflammation Score:-10, Nutrition Score:40.351303888404%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 447.14kcal (22.36%), Fat: 19.13g (29.43%), Saturated Fat: 5.22g (32.61%), Carbohydrates: 30.97g (10.32%), Net Carbohydrates: 25.4g (9.24%), Sugar: 6.89g (7.65%), Cholesterol: 113.97mg (37.99%), Sodium: 383.6mg (16.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.59g (79.17%), Vitamin A: 24226.99IU (484.54%), Vitamin B1: 1.39mg (92.83%), Vitamin C: 73.59mg (89.2%), Vitamin B6: 1.69mg (84.32%), Vitamin B3: 16.53mg (82.63%), Selenium: 57.59µg (82.27%), Copper: 1.05mg (52.52%), Phosphorus: 475.99mg (47.6%), Potassium: 1529.01mg (43.69%), Magnesium: 128.63mg (32.16%), Vitamin E: 4.62mg (30.77%), Manganese: 0.58mg (28.82%), Fiber: 5.57g (22.28%), Vitamin B2: 0.38mg (22.22%), Vitamin B5: 2.21mg (22.14%), Zinc: 3.1mg (20.7%), Folate: 70.05µg (17.51%), Vitamin B12: 0.9µg (15.03%), Iron: 2.69mg (14.94%), Calcium: 132.34mg (13.23%), Vitamin K: 9.11µg (8.68%), Vitamin D: 0.68µg (4.54%)