



## Maple Pork Chop Dinner

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.2 oz biscuits refrigerated pillsbury® canned (5 biscuits)
- 0.8 cup maple syrup
- 5 pork chops (3/)
- 5 servings salt and pepper to taste
- 17 oz sweet potatoes and into drained canned
- 1 tablespoon vegetable oil

### Equipment

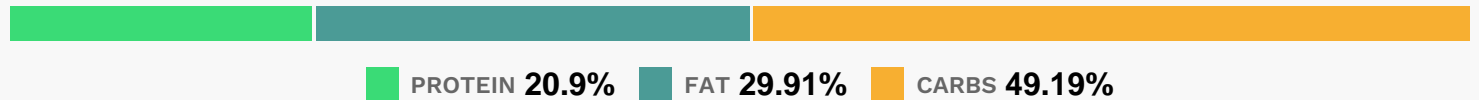
- frying pan

- oven
- kitchen thermometer
- aluminum foil

## Directions

- Heat oven to 350°F. In 12-inch nonstick skillet, heat oil over medium-high heat. Cook pork chops in oil until browned on both sides.
- Place pork chops in ungreased 15x10x1-inch pan.
- Sprinkle with salt and pepper. Arrange sweet potatoes around pork chops. Cover with foil.
- Bake 10 minutes.
- Move pork chops and sweet potatoes to one side of pan; drain and discard drippings. Separate dough into 5 biscuits; arrange in pan next to pork chops and potatoes.
- Drizzle syrup over pork chops, potatoes and biscuits.
- Bake uncovered 15 to 20 minutes longer or until biscuits are golden brown and pork chops are no longer pink and meat thermometer inserted in center reads 160°F. To serve, spoon liquid in pan over pork chops and sweet potatoes. If desired, brush biscuits with additional syrup.

## Nutrition Facts



## Properties

Glycemic Index:31.9, Glycemic Load:39.19, Inflammation Score:-10, Nutrition Score:34.349564925484%

## 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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 656.14kcal (32.81%), Fat: 21.61g (33.25%), Saturated Fat: 5.16g (32.22%), Carbohydrates: 79.99g (26.66%), Net Carbohydrates: 76.34g (27.76%), Sugar: 34.98g (38.87%), Cholesterol: 90.36mg (30.12%), Sodium: 860.26mg (37.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.98g (67.95%), Vitamin A: 13681.14IU (273.62%), Vitamin B1: 1.25mg (83.19%), Manganese: 1.6mg (79.81%), Selenium: 55.81µg (79.72%), Vitamin B3: 13.22mg

(66.09%), Vitamin B2: 1.09mg (64.06%), Vitamin B6: 1.2mg (60.07%), Phosphorus: 596.82mg (59.68%), Potassium: 1062.91mg (30.37%), Zinc: 2.98mg (19.88%), Magnesium: 78.92mg (19.73%), Vitamin B5: 1.92mg (19.19%), Iron: 3.22mg (17.9%), Fiber: 3.64g (14.57%), Copper: 0.27mg (13.44%), Vitamin B12: 0.79µg (13.19%), Folate: 51.09µg (12.77%), Calcium: 119.4mg (11.94%), Vitamin E: 1.41mg (9.4%), Vitamin K: 9.11µg (8.67%), Vitamin D: 0.54µg (3.57%), Vitamin C: 2.31mg (2.8%)