



## Maple Pork Chops with Pumpkin Risotto

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 pork loin chops
- ☐ 1 serving salt and pepper to taste
- ☐ 1.5 teaspoons peppermint flavoring
- ☐ 0.8 cup rice white uncooked
- ☐ 1 clove garlic finely chopped
- ☐ 1 cup pumpkin puree canned
- ☐ 3 cups chicken broth (from 32 oz carton)

- ☐ 0.3 cup parmesan shredded
- ☐ 0.3 teaspoon salt

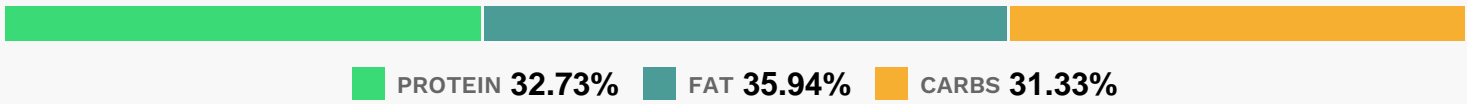
## Equipment

- ☐ frying pan

## Directions

- ☐ Melt margarine in 12-inch skillet over medium-high heat.
- ☐ Sprinkle pork with salt and pepper. Cook pork in margarine 5 minutes, turning once, until brown.
- ☐ Remove pork from skillet; brush both sides with maple flavoring.
- ☐ Add rice and garlic to skillet. Cook over medium heat 30 seconds, stirring frequently. Stir in pumpkin and 1/2 cup of the broth. Cook uncovered, stirring frequently, until liquid is absorbed. Stir in an additional 1/2 cup broth. Continue cooking about 15 minutes, stirring constantly and adding broth 1/2 cup at a time after previous additions have been absorbed.
- ☐ Add pork and any remaining broth to skillet. Cover and cook 5 to 10 minutes or until pork is slightly pink when cut near bone and rice is creamy and just tender. Stir in cheese and salt.

## Nutrition Facts



## Properties

Glycemic Index:29.55, Glycemic Load:16.82, Inflammation Score:-10, Nutrition Score:26.293043613434%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 441.66kcal (22.08%), Fat: 17.32g (26.65%), Saturated Fat: 5.65g (35.33%), Carbohydrates: 33.98g (11.33%), Net Carbohydrates: 31.73g (11.54%), Sugar: 2.88g (3.2%), Cholesterol: 97.56mg (32.52%), Sodium: 1083.06mg (47.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.5g (70.99%), Vitamin A: 9840.49IU (196.81%), Selenium: 52.06µg (74.36%), Vitamin B1: 0.97mg (64.96%), Vitamin B3: 11.89mg (59.47%), Vitamin B6: 1.08mg (53.98%), Phosphorus: 417.35mg (41.74%), Manganese: 0.57mg (28.67%), Vitamin B2: 0.43mg (25.07%), Potassium:

709.35mg (20.27%), Zinc: 2.86mg (19.09%), Vitamin B5: 1.63mg (16.25%), Magnesium: 62.51mg (15.63%), Vitamin B12: 0.83µg (13.79%), Copper: 0.25mg (12.39%), Calcium: 119.64mg (11.96%), Iron: 1.99mg (11.04%), Vitamin K: 9.95µg (9.48%), Fiber: 2.24g (8.97%), Vitamin E: 1.16mg (7.76%), Vitamin D: 0.57µg (3.78%), Vitamin C: 2.82mg (3.42%), Folate: 10.65µg (2.66%)