



## Midwestern Pork Chop Dinner

 Gluten Free

READY IN



140 min.

SERVINGS



6

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups carrots sliced
- 0.5 teaspoon marjoram dried
- 0.3 teaspoon ground pepper black
- 2 cups kohlrabi bulb sliced
- 2 cups milk
- 4.5 inch pork chops thick
- 4 cups potatoes peeled sliced
- 1.5 teaspoons salt

6 servings salt and pepper to taste

1 teaspoon vegetable oil

## Equipment

bowl

frying pan

oven

baking pan

aluminum foil

## Directions

Heat oil in a large skillet over medium high heat. Season pork chops with salt and pepper. Working in batches, sear the pork chops until they're browned on each side.

Preheat oven to 350 degrees F (175 degrees C).

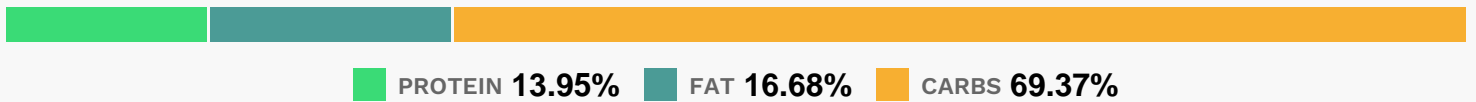
In a large bowl combine the potatoes, carrots, kohlrabi, salt, marjoram and pepper.

Mix lightly and place mixture into a 9x13-inch baking dish.

Pour milk over potato mixture and top with browned pork chops.

Cover baking dish with aluminum foil and bake in the preheated oven for 1 1/2 hours, or until pork chops and vegetables are very tender and internal temperature of pork has reached 145 degrees F (63 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:36.76, Glycemic Load:20.95, Inflammation Score:-10, Nutrition Score:18.818260877029%

## Flavonoids

Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg, Kaempferol: 2.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

## Nutrients (% of daily need)

Calories: 196.06kcal (9.8%), Fat: 3.76g (5.79%), Saturated Fat: 1.73g (10.82%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 29.27g (10.64%), Sugar: 8.2g (9.11%), Cholesterol: 11.04mg (3.68%), Sodium: 853.84mg (37.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.08g (14.16%), Vitamin A: 7279.86IU (145.6%), Vitamin C: 58mg (70.3%), Vitamin B6: 0.6mg (30.16%), Potassium: 1013.93mg (28.97%), Fiber: 5.92g (23.68%), Phosphorus: 202.04mg (20.2%), Manganese: 0.35mg (17.71%), Vitamin B1: 0.22mg (14.74%), Calcium: 142.87mg (14.29%), Magnesium: 56.32mg (14.08%), Copper: 0.23mg (11.61%), Vitamin B3: 2.31mg (11.57%), Vitamin B2: 0.19mg (11.44%), Vitamin K: 10.15µg (9.67%), Folate: 37.74µg (9.44%), Vitamin B5: 0.92mg (9.24%), Iron: 1.43mg (7.95%), Vitamin B12: 0.45µg (7.49%), Vitamin D: 0.9µg (6.02%), Zinc: 0.89mg (5.92%), Selenium: 2.96µg (4.23%), Vitamin E: 0.62mg (4.11%)