



Oven-Roasted Pork Chops and Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons orange juice concentrate frozen
- 1 tablespoon vegetable oil
- 1 tablespoon dijon mustard
- 0.5 teaspoon lawry's seasoned salt
- 0.5 teaspoon marjoram dried
- 0.5 teaspoon highest available proof grain spirit
- 4 pork chops bone-in trimmed of fat (1/)
- 1.5 cups baby carrots fresh

- 1 medium onion red cut into 8 wedges
- 2 cups green beans whole frozen

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Heat oven to 425°F. Spray 15x10x1-inch baking pan with nonstick cooking spray. In large bowl, combine apple juice concentrate, oil, mustard, seasoned salt, marjoram and garlic-pepper blend; mix well.
- Brush pork chops with about half of oil mixture; set pork aside.
- Add carrots and onion to remaining oil mixture; toss to coat. Arrange vegetables in sprayed pan.
- Bake at 425°F. for 15 minutes.
- Remove vegetables from oven.
- Add green beans; stir gently to combine. Arrange pork chops on vegetable mixture.
- Return to oven; bake an additional 30 to 40 minutes or until pork chops are no longer pink in center and vegetables are fork-tender.
- Serve pork and vegetables with pan drippings.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:26.75826059217%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg, Quercetin: 7.08mg

Nutrients (% of daily need)

Calories: 298.07kcal (14.9%), Fat: 13.06g (20.1%), Saturated Fat: 3.87g (24.17%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 10g (3.64%), Sugar: 7.51g (8.34%), Cholesterol: 89.78mg (29.93%), Sodium: 438.67mg (19.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.92g (61.84%), Vitamin A: 7036.42IU (140.73%), Selenium: 46.58µg (66.54%), Vitamin B1: 0.99mg (66.27%), Vitamin B6: 1.16mg (57.91%), Vitamin B3: 11.55mg (57.75%), Phosphorus: 356.42mg (35.64%), Vitamin K: 34.7µg (33.05%), Vitamin C: 20.73mg (25.13%), Potassium: 824.79mg (23.57%), Vitamin B2: 0.35mg (20.4%), Zinc: 2.41mg (16.07%), Magnesium: 61.67mg (15.42%), Fiber: 3.62g (14.49%), Vitamin B5: 1.38mg (13.84%), Manganese: 0.26mg (13.25%), Vitamin B12: 0.71µg (11.84%), Folate: 42.91µg (10.73%), Iron: 1.83mg (10.17%), Copper: 0.18mg (9.12%), Calcium: 57.15mg (5.71%), Vitamin E: 0.75mg (4.97%), Vitamin D: 0.54µg (3.57%)