



## Oven-Roasted Pork Chops and Vegetables

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

READY IN



**70 min.**

SERVINGS



**4**

CALORIES



**289 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons apple juice frozen
- 1.5 cups baby carrots fresh
- 1 tablespoon dijon mustard
- 2 cups green beans whole frozen
- 0.5 teaspoon marjoram dried
- 0.5 teaspoon garlic
- 4 pork chops bone-in trimmed of fat (1/)
- 1 medium onion red cut into 8 wedges

- 0.5 teaspoon lawry's seasoned salt
- 1 tablespoon vegetable oil

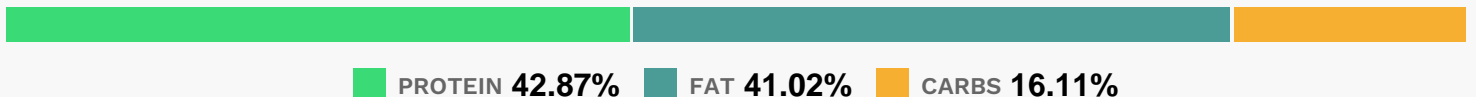
## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Heat oven to 425F. 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 425F. 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:43.94, Glycemic Load:2.03, Inflammation Score:-10, Nutrition Score:25.792608458063%

## Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

## Nutrients (% of daily need)

Calories: 288.94kcal (14.45%), Fat: 13.05g (20.08%), Saturated Fat: 3.86g (24.14%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 8g (2.91%), Sugar: 6.02g (6.69%), Cholesterol: 89.78mg (29.93%), Sodium: 438.47mg (19.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.69g (61.37%), Vitamin A: 7008.39IU (140.17%), Selenium: 46.59µg (66.56%), Vitamin B1: 0.98mg (65.03%), Vitamin B3: 11.44mg (57.18%), Vitamin B6: 1.14mg (57.13%), Phosphorus: 350.34mg (35.03%), Vitamin K: 34.66µg (33.01%), Potassium: 784.73mg (22.42%), Vitamin B2: 0.33mg (19.65%), Zinc: 2.37mg (15.79%), Magnesium: 58.46mg (14.61%), Fiber: 3.53g (14.13%), Vitamin B5: 1.34mg (13.41%), Manganese: 0.26mg (13.25%), Vitamin C: 10.2mg (12.36%), Vitamin B12: 0.71µg (11.84%), Iron: 1.81mg (10.06%), Folate: 36.64µg (9.16%), Copper: 0.18mg (8.84%), Calcium: 55.49mg (5.55%), Vitamin E: 0.7mg (4.65%), Vitamin D: 0.54µg (3.57%)