

Pecan-Crusted Pork with Pumpkin Butter

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup apple juice
- 0.8 cup breadcrumbs
- 14 ounce pumpkin puree canned
- 1 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 teaspoon ground ginger
- 0.3 cup cooking oil for frying
- 1 cup pecans

16 servings pork chops boneless (1/)

0.8 cup sugar

Equipment

food processor

frying pan

paper towels

sauce pan

whisk

Directions

Whisk together pumpkin puree, apple juice, sugar, cloves, ginger, and cinnamon in a saucepan until smooth. Bring to a boil, then reduce heat to medium-low, and simmer until the mixture has reached the consistency of applesauce. About 10 minutes.

Meanwhile, pulse pecans and bread crumbs in a food processor until the pecans are finely chopped.

Pour into a shallow dish, and press pork chops into the mixture to coat.

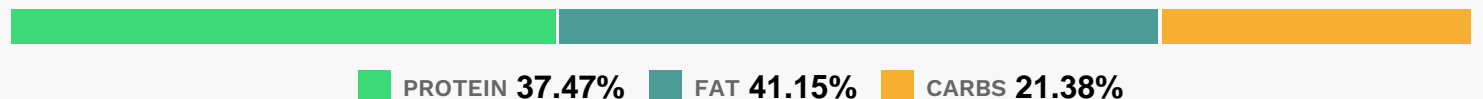
Heat oil in a skillet over medium-high heat.

Add breaded pork chops and cook until golden brown on both sides and cooked through, about 4 minutes per side.

Remove and drain on a paper towel-lined plate.

Serve the pork chops with a dollop of pumpkin butter.

Nutrition Facts



Properties

Glycemic Index:31.46, Glycemic Load:28.4, Inflammation Score:-10, Nutrition Score:52.894347978675%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg, Delphinidin: 1.8mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg, Epigallocatechin: 1.39mg Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg, Epicatechin: 2.39mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 1309.04kcal (65.45%), Fat: 59.38g (91.35%), Saturated Fat: 15.28g (95.51%), Carbohydrates: 69.43g (23.14%), Net Carbohydrates: 62.82g (22.84%), Sugar: 47.44g (52.71%), Cholesterol: 359.12mg (119.71%), Sodium: 412.96mg (17.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 121.69g (243.37%), Vitamin A: 15479.56IU (309.59%), Vitamin B1: 3.97mg (264.55%), Selenium: 184.42µg (263.46%), Vitamin B3: 44.9mg (224.51%), Vitamin B6: 4.04mg (201.79%), Phosphorus: 1352.5mg (135.25%), Manganese: 1.79mg (89.5%), Vitamin B2: 1.18mg (69.12%), Potassium: 2401.57mg (68.62%), Zinc: 9.93mg (66.22%), Magnesium: 204.6mg (51.15%), Vitamin B12: 2.91µg (48.53%), Vitamin B5: 4.65mg (46.46%), Copper: 0.77mg (38.37%), Iron: 5.88mg (32.68%), Fiber: 6.6g (26.41%), Vitamin K: 20.27µg (19.31%), Vitamin E: 2.62mg (17.46%), Vitamin D: 2.14µg (14.29%), Calcium: 127.53mg (12.75%), Folate: 39.12µg (9.78%), Vitamin C: 4.88mg (5.92%)