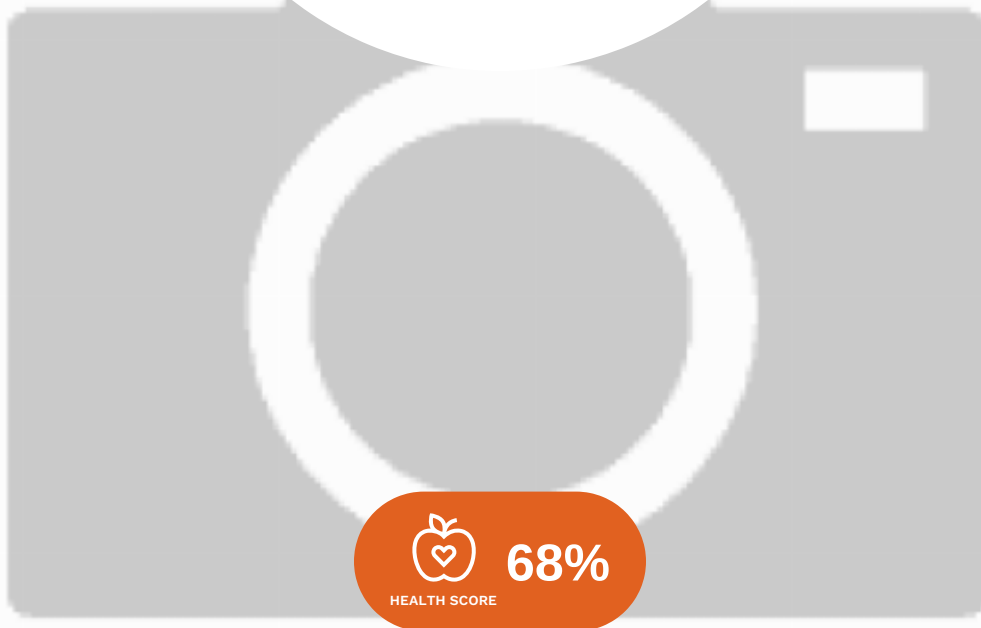




Pickly Pork Chops with Potatoes and Cabbage



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pickling spice to taste
- ☐ 1 small head cabbage chopped
- ☐ 14 ounce beef broth canned
- ☐ 0.3 teaspoon dill weed dried to taste
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 4 pork chops
- ☐ 4 large potatoes red chopped
- ☐ 1 teaspoon vinegar white or as needed

☐ 2 tablespoons vinegar white

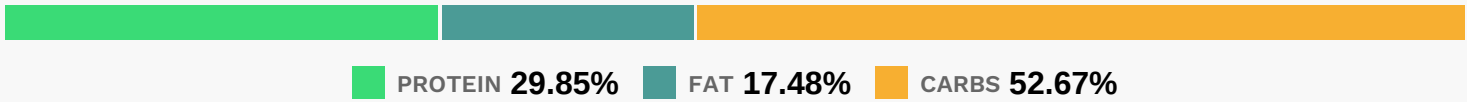
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ broiler

Directions

- ☐ Set oven rack about 6 inches from the heat source and preheat the oven's broiler.
- ☐ Brush pork chops with 2 teaspoons white vinegar and sprinkle with 1/4 teaspoon dill, 1/4 teaspoon pickling spice, salt, and black pepper.
- ☐ Place pork chops in a broiling pan.
- ☐ Broil in the preheated oven until juices run clear and chops are browned, 4 to 8 minutes per side.
- ☐ Drizzle chops with 1 more teaspoon vinegar and flip chops halfway through cooking. An instant-read meat thermometer inserted into the thickest part of a chop should read at least 145 degrees F (65 degrees C).
- ☐ Place beef broth, potatoes, and 1/4 cup white vinegar in a saucepan, bring to a boil, cover, and boil for 4 minutes. Stir in 1/4 teaspoon dill, 1/4 teaspoon pickling spice, and shredded cabbage; cover and boil for 4 more minutes.
- ☐ Drain liquid and stir 2 tablespoons vinegar into cabbage mixture. Season with salt and black pepper and serve with broiled pork chops.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:2.61, Inflammation Score:-8, Nutrition Score:42.841304571732%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 520.46kcal (26.02%), Fat: 10.23g (15.74%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 69.38g (23.13%), Net Carbohydrates: 58.48g (21.26%), Sugar: 10.49g (11.65%), Cholesterol: 89.78mg (29.93%), Sodium: 532.39mg (23.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.32g (78.64%), Vitamin K: 148.44µg (141.37%), Vitamin C: 97.1mg (117.7%), Vitamin B6: 1.84mg (91.8%), Vitamin B1: 1.3mg (86.96%), Vitamin B3: 16.15mg (80.76%), Potassium: 2543.26mg (72.66%), Selenium: 47.49µg (67.85%), Phosphorus: 588.56mg (58.86%), Fiber: 10.9g (43.6%), Manganese: 0.86mg (43.04%), Folate: 145.91µg (36.48%), Magnesium: 140.8mg (35.2%), Copper: 0.61mg (30.38%), Vitamin B2: 0.46mg (26.85%), Iron: 4.53mg (25.15%), Zinc: 3.63mg (24.19%), Vitamin B5: 2.41mg (24.06%), Calcium: 130.67mg (13.07%), Vitamin B12: 0.78µg (12.99%), Vitamin A: 215.56IU (4.31%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.54mg (3.57%)