



Pork and Squash Dinner

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium apples chopped
- 1 medium butternut squash peeled cut into thin wedges
- 0.5 cup classic catalina dressing divided kraft
- 2 Tbsp gingerroot minced peeled
- 0.5 cup orange juice
- 1.5 lb pork chops
- 1 cup cabbage shredded red

Equipment

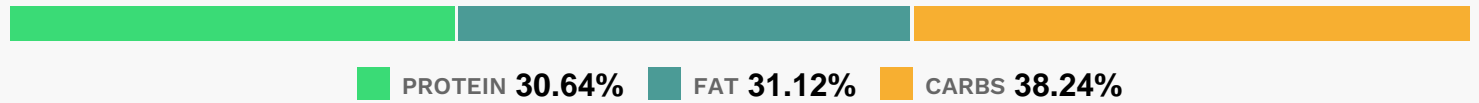
frying pan

Directions

Cook chops, cabbage and squash in 1/4 cup of the dressing in large skillet 15 minutes or until chops are cooked through and squash is tender, stirring occasionally and turning chops over after 8 minutes.

Add apples, remaining 1/4 cup dressing, orange juice and gingerroot; mix well. Simmer 5 minutes or until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:5.42, Inflammation Score:-10, Nutrition Score:37.793912846109%

Flavonoids

Cyanidin: 48.12mg, Cyanidin: 48.12mg, Cyanidin: 48.12mg, Cyanidin: 48.12mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 510.87kcal (25.54%), Fat: 17.77g (27.34%), Saturated Fat: 5.16g (32.24%), Carbohydrates: 49.15g (16.38%), Net Carbohydrates: 42.62g (15.5%), Sugar: 25.39g (28.21%), Cholesterol: 113.97mg (37.99%), Sodium: 482.77mg (20.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.73%), Vitamin A: 20297.51IU (405.95%), Vitamin B1: 1.38mg (92.04%), Vitamin C: 71.92mg (87.17%), Selenium: 57.43µg (82.04%), Vitamin B6: 1.63mg (81.27%), Vitamin B3: 16.16mg (80.82%), Phosphorus: 469.44mg (46.94%), Potassium: 1522.42mg (43.5%), Magnesium: 121mg (30.25%), Fiber: 6.53g (26.13%), Manganese: 0.49mg (24.45%), Vitamin B2: 0.4mg (23.63%),

Vitamin B5: 2.14mg (21.41%), Vitamin E: 3.13mg (20.87%), Zinc: 3.03mg (20.2%), Folate: 67.04µg (16.76%), Vitamin B12: 0.9µg (15.03%), Iron: 2.53mg (14.07%), Copper: 0.28mg (14.01%), Calcium: 121.35mg (12.13%), Vitamin K: 12.6µg (12%), Vitamin D: 0.68µg (4.54%)