



 **100%**  
HEALTH SCORE

## Pork Chop Skillet Dinner

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**50 min.**

SERVINGS



**4**

CALORIES



**455 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb pork loin
- 0.3 cup chicken broth flavored (from 32-oz carton)
- 4 medium potatoes cut into fourths
- 4 small carrots cut into 1-inch pieces
- 4 medium onion cut into fourths
- 0.8 teaspoon salt
- 0.3 teaspoon pepper
- 1 serving parsley fresh chopped

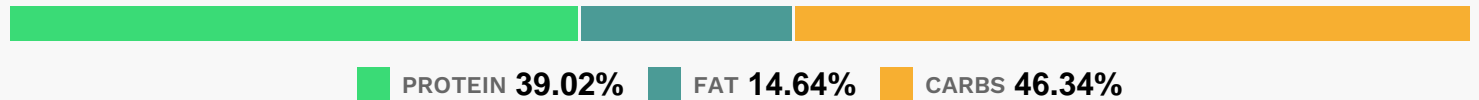
# Equipment

- frying pan

# Directions

- Remove fat from pork. Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork in skillet about 5 minutes, turning once, until brown.
- Add broth, potatoes, carrots and onions to skillet.
- Sprinkle with salt and pepper.
- Heat to boiling; reduce heat. Cover and simmer about 30 minutes or until vegetables are tender and pork is slightly pink when cut near bone.
- Sprinkle with parsley.

# Nutrition Facts



# Properties

Glycemic Index:55.4, Glycemic Load:31.12, Inflammation Score:-10, Nutrition Score:36.930435118468%

# Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 23.93mg, Quercetin: 23.93mg, Quercetin: 23.93mg, Quercetin: 23.93mg

# Nutrients (% of daily need)

Calories: 454.59kcal (22.73%), Fat: 7.37g (11.34%), Saturated Fat: 2.25g (14.03%), Carbohydrates: 52.48g (17.49%), Net Carbohydrates: 44.46g (16.17%), Sugar: 8.77g (9.74%), Cholesterol: 107.45mg (35.82%), Sodium: 626.13mg (27.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.2g (88.4%), Vitamin A: 8444.68IU (168.89%), Vitamin B6: 2.11mg (105.74%), Selenium: 48.42µg (69.18%), Vitamin B1: 1.01mg (67.44%), Vitamin C: 54.38mg (65.92%), Vitamin B3: 12.68mg (63.41%), Phosphorus: 554.89mg (55.49%), Potassium: 1863.43mg (53.24%), Fiber: 8.02g (32.08%), Manganese: 0.58mg (28.83%), Magnesium: 111.09mg (27.77%), Vitamin B2: 0.45mg (26.75%), Zinc: 4.01mg (26.73%), Vitamin K: 27.69µg (26.37%), Vitamin B5: 2.18mg (21.77%), Copper: 0.4mg (19.99%), Iron: 3.05mg (16.94%), Folate: 66.02µg (16.51%), Vitamin B12: 0.87µg (14.51%), Calcium: 78.66mg (7.87%), Vitamin D: 0.68µg

(4.54%), Vitamin E: 0.61mg (4.06%)