



 **100%**
HEALTH SCORE

Pork Chop Skillet Dinner

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

READY IN



50 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

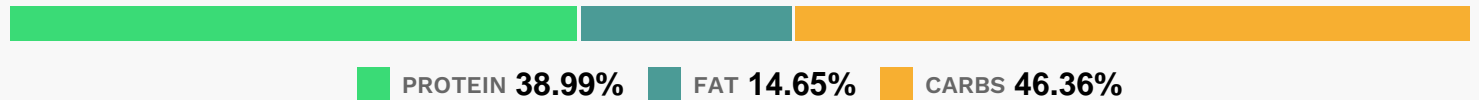
Equipment

- 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:31.15, Inflammation Score:-10, Nutrition Score:39.417391445326%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 23.94mg, Quercetin: 23.94mg, Quercetin: 23.94mg, Quercetin: 23.94mg

Nutrients (% of daily need)

Calories: 455.67kcal (22.78%), Fat: 7.39g (11.38%), Saturated Fat: 2.25g (14.06%), Carbohydrates: 52.67g (17.56%), Net Carbohydrates: 44.55g (16.2%), Sugar: 8.79g (9.77%), Cholesterol: 107.45mg (35.82%), Sodium: 627.81mg (27.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.29g (88.58%), Vitamin A: 8697.4IU (173.95%), Vitamin B6: 2.12mg (105.88%), Vitamin K: 76.89µg (73.23%), Vitamin C: 58.37mg (70.75%), Selenium: 48.43µg (69.18%), Vitamin B1: 1.01mg (67.61%), Vitamin B3: 12.72mg (63.61%), Phosphorus: 556.63mg (55.66%), Potassium: 1880.05mg (53.72%), Fiber: 8.12g (32.48%), Manganese: 0.58mg (29.07%), Magnesium: 112.59mg (28.15%), Zinc: 4.04mg (26.95%), Vitamin B2: 0.46mg (26.93%), Vitamin B5: 2.19mg (21.89%), Copper: 0.4mg (20.21%), Iron: 3.24mg (17.97%), Folate: 70.58µg (17.65%), Vitamin B12: 0.87µg (14.51%), Calcium: 82.8mg (8.28%), Vitamin D:

0.68µg (4.54%), Vitamin E: 0.63mg (4.21%)