



Pork Chops and Squash with Pumpkin Seed Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



338 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons cilantro plus leaves fresh coarsely chopped for garnish
- ☐ 0.5 small garlic clove finely grated
- ☐ 4 servings kosher salt freshly ground
- ☐ 2 tablespoons juice of lime fresh ()
- ☐ 5 tablespoons olive oil divided
- ☐ 2 tablespoons pumpkin seeds shelled (pepitas)
- ☐ 3 pounds winter squash halved seeded cut into 1" wedges (such as acorn, kabocha, delicata, or butternut)

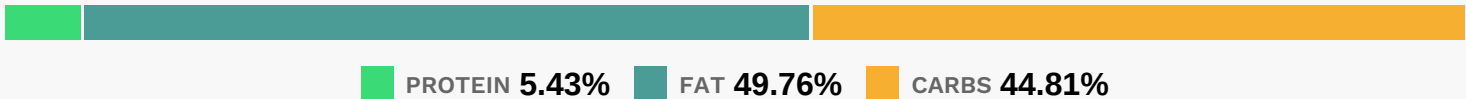
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 425°F.
- ☐ Spread out pumpkinseeds on a large rimmed baking sheet.Toast, tossing once, until just beginning todarken, about 4 minutes.
- ☐ Let cool. Coarselychop; set aside.
- ☐ Toss squash with 1 tablespoon oil on a largerimmed baking sheet; season with saltand pepper. Roast squash, turning occasionally,until golden brown and tender, 35–40 minutes.
- ☐ When squash has been roasting for30 minutes, heat 1 tablespoon oil in a large heavyskillet over medium–high heat. Seasonpork chops with salt and pepper and cookuntil brown, 5–8 minutes. Turn over andcook until pork is cooked through, about3 minutes longer.
- ☐ Whisk garlic, 3 tablespoons chopped cilantro,2 tablespoons lime juice, reserved toastedpumpkin seeds, and remaining 3 tablespoonsoil in a small bowl to combine. Seasonvinaigrette with salt, pepper, and morelime juice, if desired.
- ☐ Divide squash and pork among plates;spoon vinaigrette over. Top with cilantroleaves.
- ☐ Per serving: 470 calories, 28 g fat, 7 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.07, Inflammation Score:-10, Nutrition Score:25.823043336039%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 338.49kcal (16.92%), Fat: 20.3g (31.24%), Saturated Fat: 2.92g (18.26%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 33.96g (12.35%), Sugar: 7.69g (8.54%), Cholesterol: 0mg (0%), Sodium: 14.68mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.97%), Vitamin A: 36188.03IU (723.76%), Vitamin C: 73.98mg (89.68%), Vitamin E: 7.55mg (50.35%), Manganese: 0.94mg (46.8%), Magnesium: 146.21mg (36.55%), Potassium: 1251.28mg (35.75%), Fiber: 7.18g (28.7%), Vitamin B6: 0.54mg (26.96%), Folate: 95.72µg (23.93%), Vitamin B1: 0.36mg (23.79%), Vitamin B3: 4.35mg (21.75%), Phosphorus: 175.84mg (17.58%), Calcium: 168.14mg (16.81%), Iron: 2.95mg (16.38%), Copper: 0.32mg (15.86%), Vitamin K: 15.79µg (15.04%), Vitamin B5: 1.41mg (14.13%), Zinc: 0.91mg (6.09%), Vitamin B2: 0.08mg (4.58%), Selenium: 2.24µg (3.2%)