



Pork Chops with Butternut Squash, Escarole, and Walnuts



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 12 oz butternut squash cubed peeled
- ☐ 12 oz endive
- ☐ 2 tablespoons sage fresh roughly chopped
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 1 tablespoon brown sugar light packed
- ☐ 0.3 cup chicken broth divided reduced-sodium

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.8 teaspoon pepper divided
- ☐ 4 boned pork chops
- ☐ 5 shallots peeled cut in half
- ☐ 0.3 cup walnuts roughly chopped

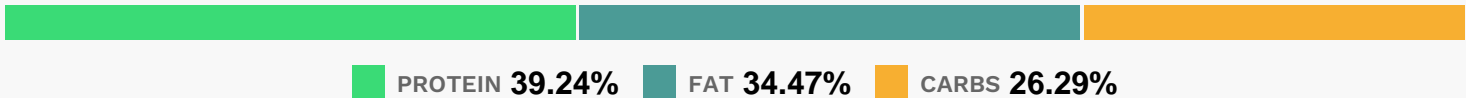
Equipment

- ☐ frying pan
- ☐ oven
- ☐ tongs

Directions

- ☐ Preheat oven to 45
- ☐ Heat oil in a large ovenproof frying pan over medium-high heat. Rub pork chops with 1/2 tsp. salt and 1/2 tsp. pepper and cook until golden brown on one side, about 3 minutes. While pork cooks, core and roughly chop escarole.
- ☐ Transfer pork to a plate.
- ☐ Add 2 tbsp. broth, the vinegar, brown sugar, and remaining 1/4 tsp. each salt and pepper to pan and simmer 1 minute.
- ☐ Add shallots, squash, sage, and escarole to pan. Cook until escarole has wilted, about 5 minutes, mixing occasionally with tongs.
- ☐ Put frying pan in oven and bake, uncovered, until squash is just tender, about 20 minutes.
- ☐ Remove from oven and fit pork, browned side up, between vegetables.
- ☐ Drizzle remaining broth over mixture and sprinkle walnuts on top. Return to oven and bake, uncovered, until vegetables begin to turn golden and pork is cooked through, 5 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.55, Inflammation Score:-10, Nutrition Score:41.823478107867%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Kaempferol: 8.59mg, Kaempferol: 8.59mg, Kaempferol: 8.59mg, Kaempferol: 8.59mg

Nutrients (% of daily need)

Calories: 344.81kcal (17.24%), Fat: 13.39g (20.6%), Saturated Fat: 2.73g (17.06%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 16.85g (6.13%), Sugar: 7.7g (8.55%), Cholesterol: 88.44mg (29.48%), Sodium: 533.63mg (23.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.3g (68.6%), Copper: 9.47mg (473.72%), Vitamin A: 10888.43IU (217.77%), Vitamin K: 200.57µg (191.02%), Vitamin B1: 1.13mg (75.64%), Selenium: 47.62µg (68.03%), Vitamin B6: 1.31mg (65.6%), Vitamin B3: 12.79mg (63.95%), Manganese: 1.25mg (62.44%), Phosphorus: 416.34mg (41.63%), Folate: 161.62µg (40.4%), Potassium: 1261.68mg (36.05%), Vitamin C: 25.98mg (31.5%), Magnesium: 102.52mg (25.63%), Fiber: 6.14g (24.55%), Vitamin B5: 2.25mg (22.47%), Zinc: 3.36mg (22.41%), Vitamin B2: 0.36mg (21.26%), Iron: 3.04mg (16.86%), Vitamin E: 2.34mg (15.63%), Calcium: 135.71mg (13.57%), Vitamin B12: 0.7µg (11.64%), Vitamin D: 0.4µg (2.68%)