



Pork Chops with Fennel and Carrots

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

READY IN



55 min.

SERVINGS



4

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds fennel bulb trimmed cut into ½-inch wedges
- 1 pound carrots trimmed halved lengthwise (10 medium)
- 1 large onion red cut into 1-inch wedges, root end left intact
- 12 garlic clove peeled
- 5 tablespoons oregano fresh chopped
- 6 tablespoons olive oil extra virgin extra-virgin
- 1 serving coarse mustard
- 6 pork loin chops bone-in

1 serving lemon wedges for serving

Equipment

frying pan

baking sheet

oven

Directions

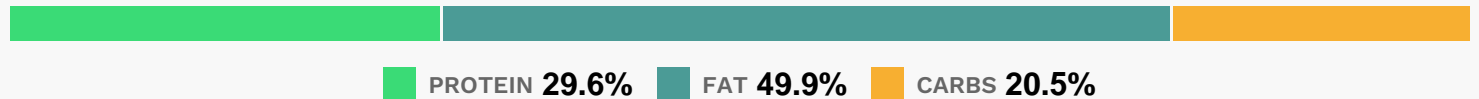
Preheat oven to 450 degrees. On a rimmed baking sheet, toss fennel, carrots, onion, and garlic with 3 tablespoons oregano and 4 tablespoons oil; season with salt and pepper. Roast until vegetables are tender and browned in spots, about 30 minutes.

Meanwhile, in a large skillet, heat 2 tablespoons oil over medium-high. Season pork chops with salt and pepper and sprinkle with 2 tablespoons oregano. In batches, cook until cooked through, about 4 minutes per side.

Transfer 2 pork chops and 1 cup roasted vegetables to separate airtight containers; refrigerate, up to 3 days.

Serve 4 pork chops with remaining vegetables and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:8.31, Inflammation Score:-10, Nutrition Score:48.323913138846%

Flavonoids

Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 638.22kcal (31.91%), Fat: 35.94g (55.3%), Saturated Fat: 8.13g (50.82%), Carbohydrates: 33.23g (11.08%), Net Carbohydrates: 21.4g (7.78%), Sugar: 13.6g (15.11%), Cholesterol: 134.67mg (44.89%), Sodium: 281.54mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.97g (95.95%), Vitamin A: 19288.87IU (385.78%), Vitamin K: 173.57µg (165.3%), Selenium: 69.96µg (99.94%), Vitamin B1: 1.48mg (98.45%), Vitamin B6: 1.91mg (95.33%), Vitamin B3: 18.65mg (93.26%), Phosphorus: 611.38mg (61.14%), Potassium: 1974.23mg (56.41%), Manganese: 1mg (50.21%), Fiber: 11.82g (47.29%), Vitamin E: 6.18mg (41.19%), Vitamin C: 32.23mg (39.06%), Vitamin B2: 0.54mg (31.96%), Magnesium: 117.28mg (29.32%), Iron: 5.24mg (29.09%), Zinc: 4.06mg (27.04%), Calcium: 258.33mg (25.83%), Vitamin B5: 2.31mg (23.15%), Folate: 87.89µg (21.97%), Vitamin B12: 1.07µg (17.75%), Copper: 0.35mg (17.7%), Vitamin D: 0.8µg (5.36%)