



# Pork Chops with Sweet Potato

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

READY IN



45 min.

SERVINGS



2

CALORIES



3105 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon brown sugar
- 1 teaspoon brown sugar
- 1 tablespoon butter melted
- 1 teaspoon canola oil
- 2 teaspoons cornstarch
- 0.1 teaspoon ground ginger
- 0.1 teaspoon mace
- 0.3 cup orange juice

- 1 Dash pepper
- 2 pork loin boneless (5 ounces each and 3/)
- 0.1 teaspoon salt
- 1 medium sweet potatoes and into peeled cut into 1/4-inch slices
- 2 teaspoons water cold

## Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- In a small nonstick skillet, brown pork chops in oil.
- Place in an 8-in. square baking dish coated with cooking spray.
- Layer with sweet potato; drizzle with butter.
- In a small saucepan, combine the orange juice, brown sugar, salt, ginger, mace and pepper; bring to a boil, stirring constantly.
- Pour over sweet potato.
- Cover and bake at 350° for 30–35 minutes or until the pork reaches 160° and potato is tender.
- Remove pork and potato; keep warm.
- Pour pan juices into a small saucepan.
- Combine cornstarch and water until smooth; stir into juices. Bring to a boil; cook and stir for 1 minute or until thickened.
- Serve with pork and sweet potato.

## Nutrition Facts



**PROTEIN 66.28%** **FAT 29.3%** **CARBS 4.42%**

## Properties

Glycemic Index:96, Glycemic Load:13.42, Inflammation Score:-10, Nutrition Score:66.110869697903%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 3105.01kcal (155.25%), Fat: 96.98g (149.2%), Saturated Fat: 31.19g (194.91%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 29.43g (10.7%), Sugar: 12.08g (13.43%), Cholesterol: 1397.9mg (465.97%), Sodium: 1330.16mg (57.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 493.62g (987.24%), Selenium: 608.98µg (869.98%), Vitamin B6: 16.83mg (841.4%), Vitamin B1: 9.85mg (656.67%), Vitamin B3: 126.92mg (634.6%), Phosphorus: 5001.41mg (500.14%), Vitamin A: 16290.22IU (325.8%), Zinc: 39.89mg (265.92%), Potassium: 8682.76mg (248.08%), Vitamin B2: 4.19mg (246.42%), Vitamin B12: 11.21µg (186.77%), Vitamin B5: 17.35mg (173.5%), Magnesium: 604.67mg (151.17%), Copper: 1.47mg (73.5%), Iron: 12.71mg (70.62%), Vitamin D: 8.78µg (58.53%), Vitamin C: 23.41mg (28.37%), Manganese: 0.5mg (25.24%), Vitamin E: 3.68mg (24.51%), Calcium: 154.16mg (15.42%), Fiber: 3.55g (14.18%), Folate: 25.2µg (6.3%), Vitamin K: 4.07µg (3.88%)