



WHATSheATE



HEALTH SCORE

85%

Pork Loin and Cabbage



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



2953 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 small head cabbage chopped



8 pork loin chops boneless



8 servings salt and pepper to taste



8 servings lawry's seasoned salt



2 tablespoons vegetable oil



2 tablespoons worcestershire sauce

Equipment

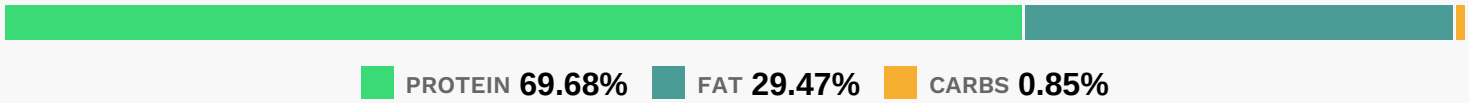


frying pan

Directions

- ☐ Heat the oil in a skillet over medium heat. Season the pork chops with salt and pepper, and brown on both sides in the skillet.
- ☐ Place the cabbage on top of the chops, and sprinkle with seasoned salt and Worcestershire sauce. Cover skillet and cook 15 minutes.
- ☐ Uncover skillet, place chops on top of the cabbage, and continue cooking 15 minutes, or until pork chops are done.

Nutrition Facts



Properties

Glycemic Index:5.5, Glycemic Load:1.3, Inflammation Score:-9, Nutrition Score:64.169130299402%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 2953.04kcal (147.65%), Fat: 92.61g (142.47%), Saturated Fat: 27.94g (174.64%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 3.76g (1.37%), Sugar: 3.28g (3.65%), Cholesterol: 1382.85mg (460.95%), Sodium: 1534.45mg (66.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 492.6g (985.21%), Selenium: 608.3µg (869.01%), Vitamin B6: 16.68mg (834.15%), Vitamin B1: 9.78mg (652.08%), Vitamin B3: 126.34mg (631.71%), Phosphorus: 4964.5mg (496.45%), Zinc: 39.68mg (264.53%), Vitamin B2: 4.15mg (243.87%), Potassium: 8395.1mg (239.86%), Vitamin B12: 11.19µg (186.57%), Vitamin B5: 16.54mg (165.42%), Magnesium: 581.97mg (145.49%), Vitamin K: 74.13µg (70.6%), Iron: 12.5mg (69.45%), Copper: 1.3mg (64.94%), Vitamin D: 8.78µg (58.53%), Vitamin C: 33.22mg (40.26%), Vitamin E: 3.27mg (21.79%), Calcium: 150.24mg (15.02%), Manganese: 0.3mg (14.87%), Folate: 38.72µg (9.68%), Fiber: 2.23g (8.93%), Vitamin A: 90.82IU (1.82%)