



Pork, Squash and Apple Dinner

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 small acorn squash
- 1 large apples red unpeeled
- 0.5 cup brown sugar packed
- 2 tablespoons butter firm
- 1 eggs
- 1 teaspoon ground cinnamon
- 0.3 teaspoon pepper
- 1.5 lb pork loin boneless

- 9 saltines crushed
- 1 teaspoon lawry's seasoned salt
- 2 tablespoons water
- 0.8 cup baking mix bisquick heart smart®

Equipment

- bowl
- frying pan
- oven
- glass baking pan

Directions

- Heat oven to 350°F. In small bowl, mix brown sugar, margarine and cinnamon until crumbly; set aside. Slice squash into 1/2-inch rings.
- Cut rings in half; remove seeds.
- Cut apple into chunks.
- In shallow dish, stir together Bisquick® mix, seasoned salt, pepper and cracker crumbs. In another shallow dish, mix egg and water. Dip pork into egg mixture, then coat with Bisquick mixture.
- Spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork in skillet 6 to 8 minutes, turning once, until coating is brown.
- Place pork in ungreased 13x9-inch (3-quart) glass baking dish. Arrange squash and apples around pork.
- Sprinkle with brown sugar mixture.
- Bake uncovered 40 to 45 minutes or until squash is tender and pork is no longer pink in center.

Nutrition Facts



PROTEIN 28.9% **FAT 26.96%** **CARBS 44.14%**

Properties

Glycemic Index:11.5, Glycemic Load:1.37, Inflammation Score:-6, Nutrition Score:18.637391183687%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 395.49kcal (19.77%), Fat: 11.9g (18.31%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 43.84g (14.61%), Net Carbohydrates: 41.23g (14.99%), Sugar: 23.49g (26.1%), Cholesterol: 99.02mg (33.01%), Sodium: 739.27mg (32.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.7g (57.39%), Selenium: 35.85µg (51.21%), Vitamin B6: 1.02mg (50.92%), Vitamin B1: 0.73mg (48.71%), Vitamin B3: 8.05mg (40.27%), Phosphorus: 394.11mg (39.41%), Potassium: 783.52mg (22.39%), Vitamin B2: 0.35mg (20.7%), Zinc: 2.38mg (15.86%), Manganese: 0.31mg (15.66%), Magnesium: 62.19mg (15.55%), Vitamin B5: 1.45mg (14.52%), Vitamin B12: 0.71µg (11.85%), Iron: 2.12mg (11.8%), Vitamin C: 9.68mg (11.73%), Folate: 41.82µg (10.45%), Fiber: 2.61g (10.43%), Vitamin A: 492.31IU (9.85%), Copper: 0.17mg (8.45%), Calcium: 84.13mg (8.41%), Vitamin D: 0.6µg (4%), Vitamin E: 0.52mg (3.44%), Vitamin K: 3.2µg (3.05%)