



Pork with Apple and Parsnips



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



2

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pork loin
- ☐ 3 medium parsnips
- ☐ 1 medium onion sliced
- ☐ 0.5 cup chicken broth (from 32-ounce carton)
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.1 teaspoon pepper

- ☐ 1 medium apples cut into 1/4-inch wedges
- ☐ 2 tablespoons parsley fresh chopped

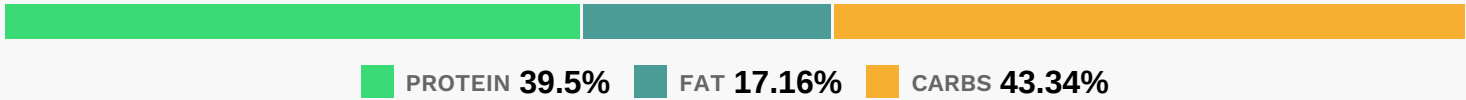
Equipment

- ☐ frying pan

Directions

- ☐ Trim fat from pork. Cook pork in 10-inch nonstick skillet over medium heat, turning once, until brown; drain.
- ☐ Place parsnips and onion on pork.
- ☐ Mix broth, mustard, salt, allspice and pepper; pour over vegetables and pork.
- ☐ Heat to boiling; reduce heat. Cover and simmer about 30 minutes or until pork chops are slightly pink when cut near bone.
- ☐ Arrange apple on vegetables. Cover and simmer about 3 minutes or just until apple is tender.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:95, Glycemic Load:20.35, Inflammation Score:-9, Nutrition Score:47.303912888403%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 17.13mg, Quercetin: 17.13mg, Quercetin: 17.13mg, Quercetin: 17.13mg

Nutrients (% of daily need)

Calories: 554.08kcal (27.7%), Fat: 10.66g (16.4%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 60.57g (20.19%), Net Carbohydrates: 45.72g (16.63%), Sugar: 23.31g (25.9%), Cholesterol: 144.06mg (48.02%), Sodium: 648.73mg (28.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 55.2g (110.39%), Vitamin K: 120.39µg (114.66%), Vitamin B6: 2.03mg (101.67%), Selenium: 69.62µg (99.45%), Vitamin B1: 1.28mg (85.26%), Vitamin B3: 15.04mg (75.2%), Manganese: 1.5mg (75.13%), Phosphorus: 714.76mg (71.48%), Vitamin C: 53.27mg (64.57%), Fiber: 14.85g (59.4%), Potassium: 1942.21mg (55.49%), Folate: 176.77µg (44.19%), Zinc: 5.73mg (38.22%), Vitamin B2: 0.62mg (36.5%), Magnesium: 143.29mg (35.82%), Vitamin B5: 3.24mg (32.39%), Vitamin E: 4.04mg (26.93%), Copper: 0.48mg (24.05%), Vitamin B12: 1.17µg (19.47%), Iron: 3.23mg (17.97%), Calcium: 126.07mg (12.61%), Vitamin A: 390.72IU (7.81%), Vitamin D: 0.91µg (6.05%)