



Pork with Apple and Parsnips

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

READY IN



55 min.

SERVINGS



1

CALORIES



1108 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium apples cut into 1/4-inch wedges
- 0.5 cup chicken broth (from 32-ounce carton)
- 2 tablespoons parsley fresh chopped
- 0.3 teaspoon ground allspice
- 1 teaspoon ground mustard
- 1 pound pork loin
- 1 medium onion sliced
- 3 medium parsnips

0.1 teaspoon pepper

0.3 teaspoon salt

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


■ PROTEIN 39.5% ■ FAT 17.16% ■ CARBS 43.34%

Properties

Glycemic Index:190, Glycemic Load:40.71, Inflammation Score:-10, Nutrition Score:69.740869148918%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg, Apigenin: 17.25mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 34.25mg, Quercetin: 34.25mg, Quercetin: 34.25mg, Quercetin: 34.25mg

Nutrients (% of daily need)

Calories: 1108.16kcal (55.41%), Fat: 21.32g (32.79%), Saturated Fat: 6.07g (37.95%), Carbohydrates: 121.15g (40.38%), Net Carbohydrates: 91.45g (33.25%), Sugar: 46.62g (51.8%), Cholesterol: 288.11mg (96.04%), Sodium: 1297.45mg (56.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 110.39g (220.78%), Vitamin K: 240.79µg (229.32%), Vitamin B6: 4.07mg (203.33%), Selenium: 139.23µg (198.9%), Vitamin B1: 2.56mg (170.53%), Vitamin B3: 30.08mg (150.41%), Manganese: 3.01mg (150.26%), Phosphorus: 1429.51mg (142.95%), Vitamin C: 106.54mg (129.14%), Fiber: 29.7g (118.81%), Potassium: 3884.42mg (110.98%), Folate: 353.53µg (88.38%), Zinc: 11.47mg (76.45%), Vitamin B2: 1.24mg (72.99%), Magnesium: 286.58mg (71.64%), Vitamin B5: 6.48mg (64.78%), Vitamin E: 8.08mg (53.86%), Copper: 0.96mg (48.11%), Vitamin B12: 2.34µg (38.95%), Iron: 6.47mg (35.94%), Calcium: 252.13mg (25.21%), Vitamin A: 781.44IU (15.63%), Vitamin D: 1.81µg (12.1%)