



Pork with Apples and Squash



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound pork loin lean
- ☐ 1 teaspoon sage dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 2 cloves garlic finely chopped
- ☐ 1 medium onion cut into 1/4-inch slices
- ☐ 0.5 cup chicken broth
- ☐ 1.5 pounds acorn squash

- ☐ 1 medium cooking oil cored unpeeled cut into eighths
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper

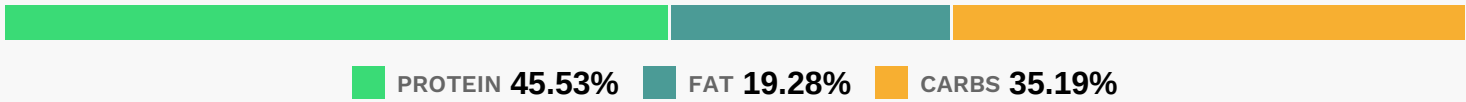
Equipment

- ☐ frying pan

Directions

- ☐ Trim fat from pork.
- ☐ Mix sage, 1/2 teaspoon salt, 1/4 teaspoon pepper and the garlic; rub on both sides of pork.
- ☐ Cook pork in 10-inch nonstick skillet over medium heat about 3 minutes on each side until brown.
- ☐ Place onion on pork.
- ☐ Pour broth around pork.
- ☐ Heat to boiling; reduce heat.
- ☐ Cut squash crosswise into 1-inch slices; remove seeds and fibers.
- ☐ Cut each slice into fourths.
- ☐ Place squash and apple on pork; sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Cover and simmer about 15 minutes or until pork is slightly pink when cut near bone and squash is tender.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:0.74, Inflammation Score:-7, Nutrition Score:22.986521764942%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 236.29kcal (11.81%), Fat: 5.15g (7.93%), Saturated Fat: 1.5g (9.4%), Carbohydrates: 21.16g (7.05%), Net Carbohydrates: 18.01g (6.55%), Sugar: 1.31g (1.45%), Cholesterol: 72.03mg (24.01%), Sodium: 607.11mg (26.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.38g (54.77%), Copper: 1.72mg (85.76%), Vitamin B6: 1.17mg (58.52%), Vitamin B1: 0.76mg (50.94%), Selenium: 32.74µg (46.78%), Vitamin B3: 7.82mg (39.07%), Phosphorus: 328.41mg (32.84%), Potassium: 1071.34mg (30.61%), Vitamin C: 21.21mg (25.71%), Manganese: 0.45mg (22.44%), Magnesium: 88.62mg (22.16%), Vitamin B5: 1.57mg (15.74%), Zinc: 2.36mg (15.74%), Vitamin B2: 0.26mg (15.09%), Fiber: 3.15g (12.6%), Vitamin A: 626.9IU (12.54%), Iron: 1.99mg (11.06%), Vitamin B12: 0.58µg (9.74%), Folate: 34.23µg (8.56%), Calcium: 76.67mg (7.67%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.21mg (1.41%)