



Roasted Pork Chops and Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



4

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons olive oil
- 2 teaspoons parsley
- 1 teaspoon lawry's seasoned salt
- 0.5 teaspoon thyme leaves dried
- 0.3 teaspoon pepper black
- 4 pork loin chops bone-in
- 1 medium rutabaga peeled cut into 1 1/2-inch pieces (3 cups)
- 2 baking potatoes unpeeled cut into 1 1/2-inch pieces (2 cups)

- 1 fennel bulb cut into 8 pieces
- 2 onion red cut into 8 wedges

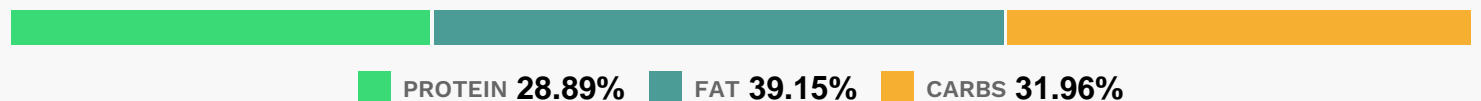
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 450°F. Spray 15x10x1-inch pan with cooking spray. In small bowl, mix oil, parsley, seasoned salt, thyme and pepper.
- Brush both sides of pork chops with about half of the oil mixture. In large bowl, mix rutabaga, potatoes, fennel and onions.
- Add remaining half of oil mixture; toss to coat. Arrange vegetables in pan.
- Roast vegetables 15 minutes.
- Place pork chops on vegetables. Roast 30 to 40 minutes longer or until pork chops are no longer pink in center and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:76.44, Glycemic Load:21.79, Inflammation Score:-8, Nutrition Score:29.810869610828%

Flavonoids

Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Apigenin: 5.99mg, Apigenin: 5.99mg, Apigenin: 5.99mg, Apigenin: 5.99mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg, Isorhamnetin: 2.92mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg, Quercetin: 11.35mg

Nutrients (% of daily need)

Calories: 461.21kcal (23.06%), Fat: 20.22g (31.11%), Saturated Fat: 4.87g (30.41%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 30.7g (11.17%), Sugar: 9.6g (10.67%), Cholesterol: 89.78mg (29.93%), Sodium: 695.7mg (30.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.57g (67.14%), Vitamin B6: 1.53mg (76.6%), Vitamin B1: 1.1mg (73.3%), Selenium: 46.15µg (65.94%), Vitamin B3: 12.93mg (64.65%), Vitamin C: 41.75mg (50.6%), Phosphorus: 458.44mg (45.84%), Potassium: 1565.49mg (44.73%), Vitamin K: 46.37µg (44.16%), Fiber: 6.43g (25.73%), Manganese: 0.51mg (25.62%), Magnesium: 94.91mg (23.73%), Vitamin B2: 0.36mg (21.05%), Zinc: 2.84mg (18.92%), Vitamin B5: 1.66mg (16.56%), Vitamin E: 2.34mg (15.62%), Folate: 61.64µg (15.41%), Iron: 2.68mg (14.91%), Copper: 0.28mg (13.98%), Vitamin B12: 0.71µg (11.84%), Calcium: 108.64mg (10.86%), Vitamin D: 0.54µg (3.57%), Vitamin A: 101.38IU (2.03%)