



 **100%**
HEALTH SCORE

Roasted Pork Chops with Cheesy Vegetables

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 oz broccoli frozen
- 19 oz burrito sized tortillas frozen with garlic & herb sauce
- 0.8 teaspoon seasoning italian
- 0.3 teaspoon cracked wheat
- 16 oz pork loin boneless trimmed of fat

Equipment

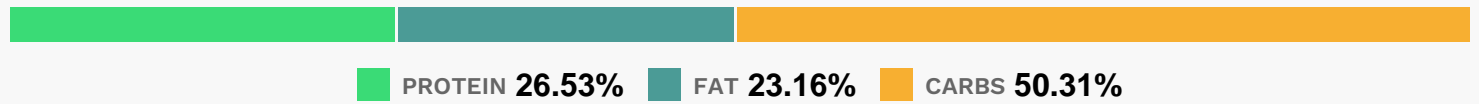
- bowl
- frying pan

- oven
- kitchen thermometer

Directions

- Heat oven to 450°F. Spray 15x10x1-inch pan with cooking spray.
- Let frozen vegetables stand at room temperature 5 minutes to thaw slightly.
- In small bowl, mix Italian herb seasoning and pepper; sprinkle over pork chops.
- Place partially thawed vegetables in center of pan; arrange pork chops around vegetables.
- Bake 25 to 35 minutes, stirring vegetables halfway through bake time, or until pork is no longer pink and meat thermometer inserted in center reads 160°F and vegetables are tender.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:23.22, Inflammation Score:-9, Nutrition Score:43.300869796587%

Flavonoids

Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg, Kaempferol: 13.34mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg, Quercetin: 5.55mg

Nutrients (% of daily need)

Calories: 621.65kcal (31.08%), Fat: 16.02g (24.65%), Saturated Fat: 5.55g (34.67%), Carbohydrates: 78.3g (26.1%), Net Carbohydrates: 68.96g (25.08%), Sugar: 7.9g (8.78%), Cholesterol: 71.44mg (23.81%), Sodium: 1102.89mg (47.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.3g (82.6%), Vitamin C: 151.74mg (183.92%), Vitamin K: 185.53µg (176.69%), Selenium: 65.71µg (93.87%), Vitamin B1: 1.3mg (86.74%), Vitamin B3: 13.57mg (67.86%), Phosphorus: 646.43mg (64.64%), Vitamin B6: 1.24mg (61.86%), Folate: 234.63µg (58.66%), Manganese: 1.05mg (52.45%), Vitamin B2: 0.79mg (46.63%), Iron: 6.89mg (38.29%), Fiber: 9.33g (37.33%), Potassium: 1135.91mg (32.45%), Calcium: 288.21mg (28.82%), Magnesium: 95.84mg (23.96%), Zinc: 3.46mg (23.08%), Vitamin A: 1066.08IU (21.32%), Vitamin B5: 2.04mg (20.44%), Copper: 0.29mg (14.58%), Vitamin E: 1.54mg (10.28%), Vitamin B12: 0.58µg (9.64%), Vitamin D: 0.45µg (3.02%)