



## Roasted Rosemary Pork Chops and Potatoes



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 teaspoon rosemary dried crushed
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.5 teaspoon paprika
- ☐ 3 yukon gold potatoes cut into 1-inch pieces ( 4 cups)
- ☐ 1 medium onion red cut into 1/2-inch-wide wedges

☐ 4 pork loin chops bone-in

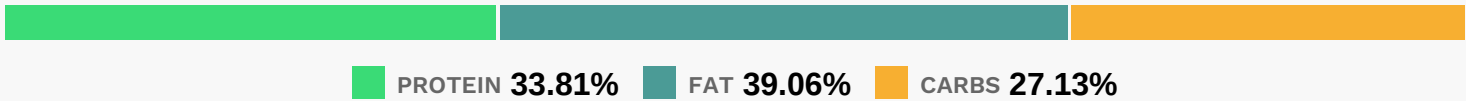
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. In large bowl, mix mustard, oil, rosemary, garlic-pepper blend, seasoned salt and paprika. Reserve 1 tablespoon of the mustard mixture.
- ☐ Add potatoes and onion to remaining mustard mixture in bowl; toss to coat.
- ☐ Place vegetables in pan.
- ☐ Roast uncovered 25 minutes. Turn and stir potato mixture.
- ☐ Brush pork chops with reserved 1 tablespoon mustard mixture.
- ☐ Add pork chops to corners of pan.
- ☐ Roast uncovered 15 to 20 minutes longer or until pork is no longer pink when cut near bone and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:70.94, Glycemic Load:17.14, Inflammation Score:-6, Nutrition Score:23.409130469612%

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: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 384.51kcal (19.23%), Fat: 16.54g (25.44%), Saturated Fat: 4.39g (27.44%), Carbohydrates: 25.84g (8.61%), Net Carbohydrates: 22.12g (8.04%), Sugar: 2.31g (2.56%), Cholesterol: 89.78mg (29.93%), Sodium: 446.47mg (19.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.2g (64.4%), Vitamin B6: 1.4mg (69.76%), Vitamin B1: 1.02mg (68.28%), Selenium: 47.46µg (67.8%), Vitamin B3: 12.19mg (60.94%), Phosphorus: 395.05mg (39.51%), Vitamin C: 27.19mg (32.96%), Potassium: 1096.51mg (31.33%), Magnesium: 72.09mg (18.02%), Vitamin B2: 0.31mg (17.99%), Zinc: 2.59mg (17.27%), Fiber: 3.73g (14.9%), Vitamin K: 15.36µg (14.63%), Manganese: 0.28mg (14.22%), Vitamin B5: 1.42mg (14.21%), Vitamin B12: 0.71µg (11.84%), Copper: 0.23mg (11.72%), Iron: 1.91mg (10.63%), Folate: 26.9µg (6.72%), Vitamin E: 0.85mg (5.68%), Calcium: 36.77mg (3.68%), Vitamin D: 0.54µg (3.57%), Vitamin A: 137.43IU (2.75%)