



Seared Pork Chop with Apple Gravy and Potato Squash Cake

 **Gluten Free**

READY IN



145 min.

SERVINGS



4

CALORIES



804 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup skin-on apple diced
- 28 ounce pork chops bone-in
- 0.5 cup brown gravy mix
- 4 servings chicken stock see as needed
- 2 egg yolks
- 2 tablespoons grapeseed oil
- 4 servings grapeseed oil as needed

- 1.5 pounds potatoes peeled quartered
- 4 servings salt and pepper black freshly ground
- 1 spaghetti squash split
- 1 tablespoon mustard stone-ground
- 1 tablespoon butter unsalted

Equipment

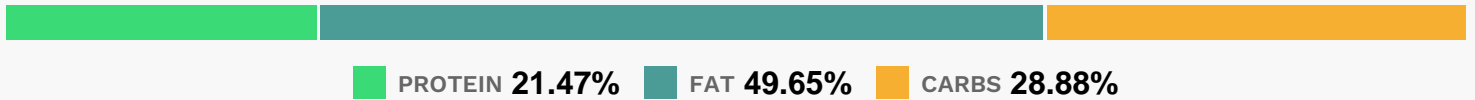
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- pot
- potato masher

Directions

- For the potato squash cakes: Preheat the oven to 350 degrees F.
- Drizzle the squash halves with oil, sprinkle with salt and pepper and put on a baking sheet cut-side up. Roast until tender, 45 to 60 minutes. Set aside to cool.
- Put the potatoes in a pot and add enough salted water to cover. Cover the pot, bring to a boil, lower the heat and simmer until tender, 20 to 25 minutes.
- Drain the potatoes and mash with a fork or potato masher.
- Measure out 1 cup of the squash and 2 cups of the potatoes into a large bowl (save any remaining vegetables for another use).
- Add the egg yolks and some salt and pepper and blend well. Shape into four equal cakes.
- Heat a saute pan over medium-high heat.
- Add some oil and then the cakes and cook until golden brown on one side. Flip and cook on the second side until golden brown. Keep warm.
- For the pork chops and apple gravy: Warm the brown gravy and mustard in a saucepan over medium heat, stirring throughout. Keep on medium-low heat while you cook the chops.

- Sprinkle the pork chops on both sides with 1 tablespoon salt and 1 teaspoon pepper.
- Heat a large pan over medium–high heat until warmed. Ad the oil and the chops and cook until browned on one side, 5 to 6 minutes; flip and cook on the other side another 6 minutes.
- Remove the chops and keep warm.
- Add the apples to the pork chop pan and cook until softened, 3 to 4 minutes.
- Transfer the apples to the saucepan with the brown sauce and mustard; stir and taste for seasoning and thickness of sauce, adjusting with chicken stock and salt and pepper if needed. Finish by stirring in the butter.
- To serve, place a potato squash cake on each plate and then a chop. Finish with the apple gravy and serve.

Nutrition Facts



Properties

Glycemic Index:71.94, Glycemic Load:22.06, Inflammation Score:-7, Nutrition Score:37.027391164199%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg, Kaempferol: 1.37mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 803.93kcal (40.2%), Fat: 44.71g (68.79%), Saturated Fat: 10.24g (63.99%), Carbohydrates: 58.53g (19.51%), Net Carbohydrates: 50.8g (18.47%), Sugar: 13.7g (15.22%), Cholesterol: 214.62mg (71.54%), Sodium: 687.26mg (29.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.5g (87.01%), Vitamin B6: 1.97mg (98.35%), Selenium: 63.18µg (90.25%), Vitamin B3: 17.76mg (88.81%), Vitamin B1: 1.06mg (70.39%), Phosphorus: 542.8mg (54.28%), Potassium: 1765.29mg (50.44%), Vitamin C: 39.43mg (47.8%), Vitamin E: 6.97mg (46.47%), Vitamin B2: 0.64mg (37.45%), Fiber: 7.74g (30.95%), Manganese: 0.61mg (30.43%), Magnesium: 117.78mg (29.45%), Zinc: 4.16mg (27.74%), Vitamin B5: 2.71mg (27.11%), Copper: 0.51mg (25.5%), Iron: 3.84mg (21.34%), Folate: 81.94µg (20.49%), Vitamin B12: 0.97µg (16.17%), Calcium: 127.14mg (12.71%), Vitamin A: 533.89IU (10.68%), Vitamin D: 1.28µg (8.55%), Vitamin K: 6.58µg (6.27%)