

 **76%**
HEALTH SCORE

Speedy Pork Dinner

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



50 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb pork loin
- 0.5 cup chicken broth flavored (from 32-oz carton)
- 3 medium potatoes cut into fourths
- 4 small carrots cut into 1-inch pieces
- 2 medium onion cut into fourths
- 0.8 teaspoon salt
- 0.3 teaspoon pepper
- 1 serving parsley fresh chopped

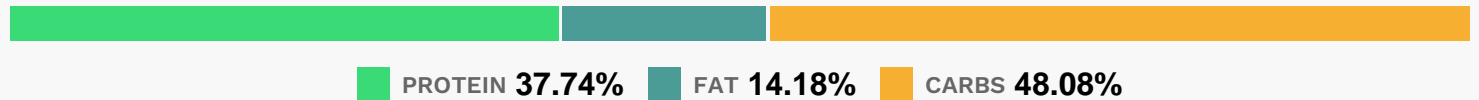
Equipment

- frying pan

Directions

- Heat 12-inch nonstick skillet over medium-high heat. Cook pork in skillet about 5 minutes, turning once, until brown.
- Add broth, potatoes, carrots and onions to skillet.
- Sprinkle with salt and pepper.
- Heat to boiling; reduce heat. Cover and simmer about 30 minutes or until vegetables are tender and pork is no longer pink when cut near bone.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:55.4, Glycemic Load:23.18, Inflammation Score:-10, Nutrition Score:27.748695808908%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg, Quercetin: 12.39mg

Nutrients (% of daily need)

Calories: 317.63kcal (15.88%), Fat: 5g (7.69%), Saturated Fat: 1.5g (9.39%), Carbohydrates: 38.11g (12.7%), Net Carbohydrates: 32.19g (11.71%), Sugar: 6.08g (6.76%), Cholesterol: 72.03mg (24.01%), Sodium: 647.44mg (28.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.83%), Vitamin A: 8442.81IU (168.86%), Vitamin B6: 1.46mg (73.18%), Vitamin C: 39.82mg (48.27%), Vitamin B1: 0.7mg (46.37%), Selenium: 32.34µg (46.2%), Vitamin B3: 8.83mg (44.16%), Potassium: 1349.54mg (38.56%), Phosphorus: 381.61mg (38.16%), Vitamin K: 26.46µg (25.2%), Fiber: 5.91g (23.66%), Manganese: 0.43mg (21.35%), Magnesium: 78.74mg (19.69%), Vitamin B2: 0.33mg (19.15%), Zinc: 2.75mg (18.35%), Vitamin B5: 1.53mg (15.3%), Copper: 0.29mg (14.51%), Iron: 2.22mg (12.35%), Folate: 47.05µg (11.76%), Vitamin B12: 0.58µg (9.74%), Calcium: 57.37mg (5.74%), Vitamin E: 0.52mg (3.5%), Vitamin D: 0.45µg

(3.02%)