



HEALTH SCORE

89%

Speedy Pork Dinner



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

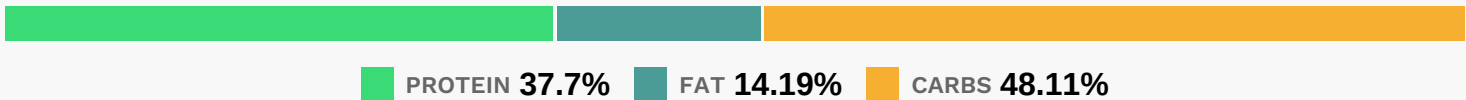
Equipment

☐ 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:23.21, Inflammation Score:-10, Nutrition Score:30.2404344460018%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg, Kaempferol: 1.82mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg, Quercetin: 12.4mg

Nutrients (% of daily need)

Calories: 318.71kcal (15.94%), Fat: 5.02g (7.72%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 32.28g (11.74%), Sugar: 6.11g (6.79%), Cholesterol: 72.03mg (24.01%), Sodium: 649.12mg (28.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.01g (60.01%), Vitamin A: 8695.53IU (173.91%), Vitamin B6: 1.47mg (73.32%), Vitamin K: 75.66µg (72.06%), Vitamin C: 43.81mg (53.1%), Vitamin B1: 0.7mg (46.55%), Selenium: 32.34µg (46.21%), Vitamin B3: 8.87mg (44.36%), Potassium: 1366.16mg (39.03%), Phosphorus: 383.35mg (38.33%), Fiber: 6.01g (24.05%), Manganese: 0.43mg (21.59%), Magnesium: 80.24mg (20.06%), Vitamin B2: 0.33mg (19.32%), Zinc: 2.78mg (18.56%), Vitamin B5: 1.54mg (15.42%), Copper: 0.29mg (14.73%), Iron: 2.41mg (13.38%), Folate: 51.61µg (12.9%), Vitamin B12: 0.58µg (9.74%), Calcium: 61.51mg (6.15%), Vitamin E: 0.55mg (3.65%), Vitamin D: 0.45µg

(3.02%)