



Spiced Pork Chops with Butternut Squash



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.3 pound butternut squash
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 cup prechopped onion refrigerated
- ☐ 16 ounce center-cut loin pork chops boneless (3/)
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon salt divided
- ☐ 0.3 cup water

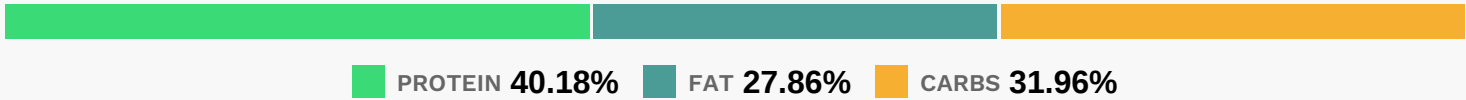
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ microwave

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle pork evenly with spice, pepper, and 1/8 teaspoon salt.
- ☐ Add pork to pan; saut 3 to 4 minutes on each side or until done.
- ☐ Remove pork from pan; keep warm.
- ☐ While pork cooks, pierce squash several times with a fork; place on paper towels in microwave oven. Microwave at HIGH 1 minute. Peel squash; cut in half lengthwise. Discard seeds and membrane. Coarsely chop squash.
- ☐ Coat pan with cooking spray.
- ☐ Add squash; cover and cook 7 minutes, stirring occasionally.
- ☐ Add onion; cook, uncovered, 5 minutes, stirring frequently.
- ☐ Add 1/4 cup water; cook until liquid evaporates, scraping pan to loosen browned bits.
- ☐ Remove from heat; stir in 1/8 teaspoon salt and mint. Spoon squash mixture evenly over pork.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.86, Inflammation Score:-10, Nutrition Score:26.053043438041%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2mg, Isorhamnetin:

2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 258.77kcal (12.94%), Fat: 8.13g (12.51%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 21g (7%), Net Carbohydrates: 17.25g (6.27%), Sugar: 4.85g (5.39%), Cholesterol: 75.98mg (25.33%), Sodium: 208.48mg (9.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.79%), Vitamin A: 15128.88IU (302.58%), Vitamin B1: 0.92mg (61.23%), Selenium: 38.5µg (55%), Vitamin B6: 1.09mg (54.7%), Vitamin B3: 10.84mg (54.21%), Vitamin C: 33.24mg (40.29%), Phosphorus: 316.55mg (31.66%), Potassium: 994.11mg (28.4%), Manganese: 0.47mg (23.6%), Magnesium: 83.94mg (20.98%), Fiber: 3.75g (15.01%), Vitamin B2: 0.25mg (14.91%), Vitamin E: 2.21mg (14.73%), Vitamin B5: 1.45mg (14.48%), Zinc: 2.07mg (13.79%), Folate: 47.46µg (11.86%), Iron: 1.83mg (10.17%), Vitamin B12: 0.6µg (10.02%), Copper: 0.19mg (9.67%), Calcium: 93.27mg (9.33%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.27µg (2.16%)