



Squash and Pork Chops

READY IN



85 min.

SERVINGS



6

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 acorn squash halved seeded
- 2 tablespoons butter
- 1 cup chicken broth
- 4 tablespoons flour all-purpose divided
- 0.3 teaspoon ground ginger
- 0.1 teaspoon ground thyme
- 0.5 onion finely chopped
- 0.3 teaspoon pepper
- 6 pork chops lean

- 1.3 teaspoons salt divided
- 1 tablespoon shortening

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Sift salt and pepper into flour, and rub onto both sides of pork chops, shaking off any excess.
- Heat shortening in a large skillet over medium high heat. Brown chops on both sides, reducing heat if necessary, and working in two batches depending on the size of your skillet.
- Remove from heat, and set aside.
- Peel squash, and slice crosswise into 1/8 inch thick slices. Arrange 1/2 the slices in the bottom of a baking dish.
- Place pork chops over squash, and top with remaining slices.
- Melt butter in a small saucepan over medium heat. In a bowl, stir remaining 2 tablespoons flour and 1/4 teaspoon salt together with ginger and thyme; add to butter, and stir. Cook for 3 minutes, then very gradually whisk in chicken broth, avoiding any lumps. Continue to cook and stir until slightly thickened, then stir in onion.
- Pour over chops and squash, and cover with foil.
- Bake in the preheated oven for 45 minutes, or until squash is tender and pork is no longer pink inside.

Nutrition Facts



■ PROTEIN **39.16%** ■ FAT **44.78%** ■ CARBS **16.06%**

Properties

Glycemic Index:30.67, Glycemic Load:2.96, Inflammation Score:-5, Nutrition Score:19.497391498607%

Flavonoids

Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 313.51kcal (15.68%), Fat: 15.44g (23.75%), Saturated Fat: 6.25g (39.07%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 11.05g (4.02%), Sugar: 0.58g (0.64%), Cholesterol: 100.6mg (33.53%), Sodium: 726.87mg (31.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.38g (60.75%), Vitamin B1: 1.05mg (69.8%), Selenium: 46.71µg (66.73%), Vitamin B3: 11.61mg (58.05%), Vitamin B6: 1.1mg (54.89%), Phosphorus: 339.76mg (33.98%), Potassium: 778.46mg (22.24%), Vitamin B2: 0.31mg (18.08%), Magnesium: 60.71mg (15.18%), Zinc: 2.26mg (15.06%), Vitamin B5: 1.32mg (13.19%), Vitamin B12: 0.73µg (12.1%), Manganese: 0.23mg (11.73%), Vitamin C: 8.59mg (10.41%), Iron: 1.51mg (8.38%), Vitamin A: 387.85IU (7.76%), Copper: 0.14mg (7.02%), Folate: 23.33µg (5.83%), Fiber: 1.41g (5.64%), Calcium: 39.81mg (3.98%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.44mg (2.91%), Vitamin K: 2.01µg (1.91%)