



Summer Garden Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 carrots chopped
- 1 cinnamon sticks
- 4 basil leaves fresh
- 2 teaspoons rosemary fresh
- 2 tablespoons garlic minced
- 2 teaspoons garlic powder
- 1 bell pepper green chopped
- 0.5 teaspoon ground allspice

- 2 leeks chopped
- 0.3 cup olive oil
- 1 onion chopped
- 4 pork chops
- 2 teaspoons salt
- 5 small tomatoes coarsely chopped
- 1 cup vegetable broth
- 1 large zucchini chopped

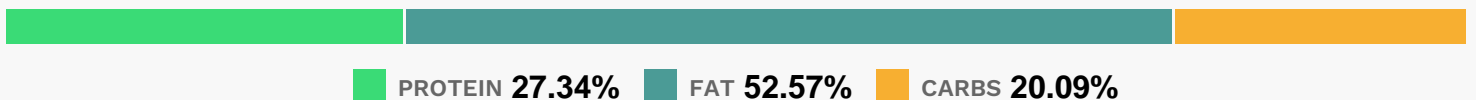
Equipment

- frying pan
- sauce pan
- dutch oven

Directions

- Grind together salt, garlic powder and rosemary; rub onto chop. In a skillet, lightly brown in as little oil as possible; set aside.
- Saute carrots, onion, green pepper, leeks, zucchini and garlic. Stir very little until they begin to caramelize or burn slightly.
- Layer half the vegetable mixture, including the tomatoes, in the bottom of a dutch oven or large saucepan. Arrange the chops on top and then pour the rest of the vegetable mixture on top.
- Heat the vegetable stock in the saute pan and stir to loosen bits of food on the bottom.
- Pour over the vegetable and pork chops.
- Add cinnamon stick, allspice, olive oil and basil. Simmer for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:84.71, Glycemic Load:5.6, Inflammation Score:-10, Nutrition Score:36.134782303935%

Flavonoids

Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 474.46kcal (23.72%), Fat: 28.14g (43.29%), Saturated Fat: 5.94g (37.13%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 18.65g (6.78%), Sugar: 10.67g (11.85%), Cholesterol: 89.78mg (29.93%), Sodium: 1508.39mg (65.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.86%), Vitamin A: 7214.16IU (144.28%), Vitamin C: 64.61mg (78.32%), Vitamin B6: 1.52mg (75.9%), Vitamin B1: 1.06mg (70.92%), Selenium: 46.09µg (65.85%), Vitamin B3: 12.46mg (62.3%), Vitamin K: 52.55µg (50.05%), Manganese: 0.86mg (43.06%), Phosphorus: 414.43mg (41.44%), Potassium: 1292.33mg (36.92%), Vitamin E: 4.24mg (28.27%), Vitamin B2: 0.4mg (23.51%), Fiber: 5.55g (22.21%), Magnesium: 87.08mg (21.77%), Folate: 80.21µg (20.05%), Zinc: 2.86mg (19.05%), Iron: 2.83mg (15.73%), Copper: 0.31mg (15.47%), Vitamin B5: 1.49mg (14.88%), Vitamin B12: 0.71µg (11.84%), Calcium: 99.91mg (9.99%), Vitamin D: 0.54µg (3.57%)