



Summer pork & potatoes



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 g baby potatoes
- ☐ 500 g vine-ripened tomatoes
- ☐ 2 garlic cloves
- ☐ 3 sprigs rosemary
- ☐ 4 pork chops

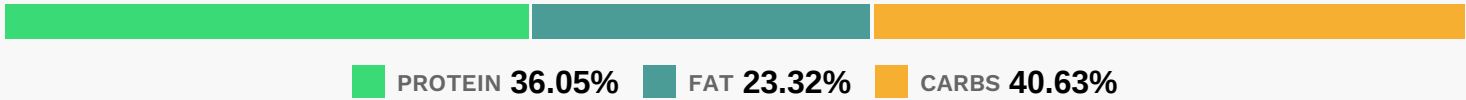
Equipment

- ☐ oven

Directions

- ☐ Preheat the oven to fan 180C/ conventional 200C/gas
- ☐ Wash the potatoes, but dont bother to peel them.
- ☐ Cut into thickish slices then cook in boiling water for 6–8 minutes until almost tender; drain. Slice the tomatoes to the same thickness. Chop the garlic, then strip the rosemary from its stalks and chop the leaves fairly finely.
- ☐ Drizzle a little olive oil in the base of a shallow ovenproof dish wide enough to take the chops in one layer. Arrange rows of potatoes and tomatoes across the dish, seasoning with salt and pepper as you go and sprinkling with half the rosemary and all the garlic.
- ☐ Drizzle a couple more tablespoons of olive oil over the vegetables and bake for 15 minutes, then sit the pork on top, season and sprinkle with the remaining rosemary. Return to the oven for 35–45 minutes, until the pork and potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:25.41, Inflammation Score:-8, Nutrition Score:29.166521891304%

Flavonoids

Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg, Naringenin: 0.85mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 377.06kcal (18.85%), Fat: 9.74g (14.98%), Saturated Fat: 3.37g (21.09%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 32.47g (11.81%), Sugar: 4.76g (5.29%), Cholesterol: 89.78mg (29.93%), Sodium: 82.11mg (3.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.86g (67.73%), Vitamin B6: 1.65mg (82.29%), Vitamin B1: 1.09mg (72.89%), Vitamin B3: 13.43mg (67.17%), Vitamin C: 54.58mg (66.15%), Selenium: 45.13µg (64.48%), Potassium: 1592.18mg (45.49%), Phosphorus: 442.06mg (44.21%), Manganese: 0.47mg (23.26%), Magnesium: 92.25mg (23.06%), Fiber: 5.69g (22.75%), Vitamin A: 1052.84IU (21.06%), Vitamin B2: 0.33mg (19.62%), Zinc: 2.85mg (19.02%), Copper: 0.36mg (17.81%), Vitamin B5: 1.65mg (16.49%), Iron: 2.52mg (13.99%), Vitamin K: 13.46µg (12.82%), Folate: 49.03µg (12.26%), Vitamin B12: 0.71µg (11.84%), Vitamin E: 0.87mg (5.79%), Calcium: 48.06mg (4.81%), Vitamin D: 0.54µg (3.57%)