



30-Minute Italian Pork Chop Dinner

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced italian-style undrained canned
- 2 cups brown rice instant uncooked
- 0.3 cup 1/4 cup kraft lite zesty italian dressing italian kraft
- 1.5 lb pork chops bone-in lean
- 1 tsp oregano leaves dried crushed
- 1 bell pepper green red cut into strips
- 0.5 cup milk mozzarella cheese shredded 2% kraft

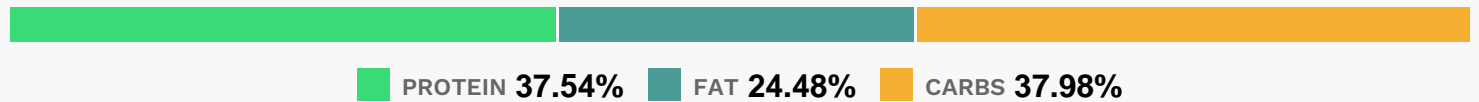
Equipment

frying pan

Directions

- Cook rice as directed on package, omitting salt.
- Meanwhile, cook chops in large nonstick skillet on high heat 2 min. or until bottoms of chops are browned; turn.
- Sprinkle with oregano; top with peppers, dressing and tomatoes. Bring to boil on medium heat; simmer on low heat 10 min. or until chops are done (145F).
- Remove chops from skillet, reserving vegetable mixture in skillet. Cover chops to keep warm. Cook vegetable mixture on high heat 1 to 2 min. or until peppers are crisp-tender and sauce is thickened, stirring frequently.
- Spoon rice onto serving plates; top with chops, vegetable mixture and cheese.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.29, Inflammation Score:-2, Nutrition Score:4.5830435027247%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 66.08kcal (3.3%), Fat: 1.77g (2.73%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.73g (2.09%), Sugar: 0.91g (1.01%), Cholesterol: 17.12mg (5.71%), Sodium: 62.48mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.23%), Selenium: 10.74µg (15.34%), Vitamin B1: 0.18mg (12.13%), Vitamin B3: 2.16mg (10.81%), Vitamin B6: 0.21mg (10.33%), Phosphorus: 68.68mg (6.87%), Vitamin C: 4.42mg (5.35%), Manganese: 0.09mg (4.57%), Folate: 18.16µg (4.54%), Iron: 0.73mg (4.05%), Zinc: 0.6mg (4.01%), Potassium: 133.17mg (3.8%), Vitamin B2: 0.06mg (3.54%), Copper: 0.05mg (2.65%), Vitamin B12: 0.16µg (2.6%), Magnesium: 10.38mg (2.59%), Vitamin K: 2.51µg (2.39%), Vitamin B5: 0.23mg (2.35%), Calcium: 20.88mg (2.09%), Fiber: 0.45g (1.81%), Vitamin E: 0.27mg (1.79%), Vitamin A: 57.47IU (1.15%)