



All-in-One Pork Chop Bake

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb baking potatoes cut into thin wedges (2)
- 0.5 cup original barbecue sauce kraft
- 1.5 lb pork chops bone-in
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 pkt. shake 'n bake original pork seasoned coating mix

Equipment

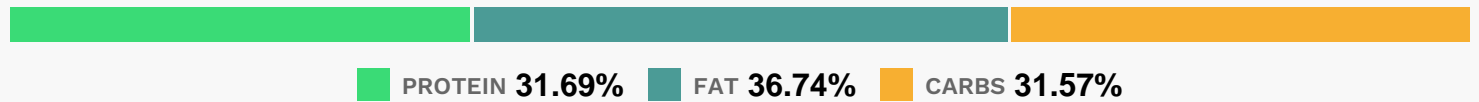
- bowl

- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Coat chops with coating mix as directed on package; place in foil-lined 13x9-inch pan.
- Toss potatoes with dressing in bowl; add to pan with chops.
- Bake 30 min. or until chops are done (145F). Top each chop with 2 Tbsp. barbecue sauce and 1/4 cup cheese.
- Bake 5 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:16.12, Inflammation Score:-4, Nutrition Score:22.377391172492%

Nutrients (% of daily need)

Calories: 471.17kcal (23.56%), Fat: 19.01g (29.25%), Saturated Fat: 7.35g (45.91%), Carbohydrates: 36.74g (12.25%), Net Carbohydrates: 34.95g (12.71%), Sugar: 13.68g (15.2%), Cholesterol: 109.91mg (36.64%), Sodium: 693.45mg (30.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.89g (73.78%), Selenium: 49.57µg (70.81%), Vitamin B6: 1.35mg (67.63%), Vitamin B1: 0.77mg (51.11%), Vitamin B3: 10.11mg (50.54%), Phosphorus: 476.51mg (47.65%), Potassium: 1038.86mg (29.68%), Calcium: 271.46mg (27.15%), Zinc: 3.55mg (23.64%), Vitamin B2: 0.4mg (23.31%), Magnesium: 70.47mg (17.62%), Vitamin B12: 0.94µg (15.74%), Vitamin B5: 1.36mg (13.57%), Manganese: 0.24mg (11.88%), Iron: 2.14mg (11.87%), Copper: 0.23mg (11.69%), Vitamin C: 6.75mg (8.18%), Fiber: 1.8g (7.18%), Vitamin K: 7.25µg (6.9%), Folate: 19.39µg (4.85%), Vitamin D: 0.72µg (4.81%), Vitamin A: 226.58IU (4.53%), Vitamin E: 0.65mg (4.34%)