



Aloha Pork Chop Skillet

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 lb pork chops bone-in
- 0.3 cup classic catalina dressing kraft
- 0.5 cup chicken broth fat-free reduced-sodium
- 1.5 tsp garlic powder
- 1.5 cups rice white instant uncooked
- 2 tsp oil
- 16 oz pineapple chunks in juice undrained canned
- 1 bell pepper red yellow coarsely chopped

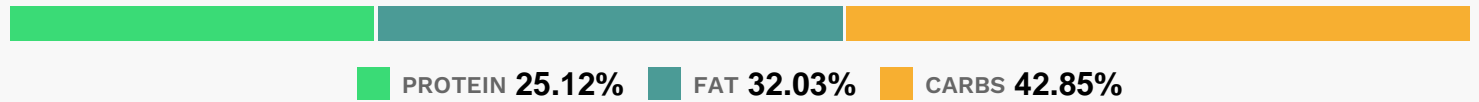
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chops; cook 5 min. on each side or until evenly browned on both sides.
- Combine all remaining ingredients except rice; spoon over chops. Bring to boil.
- Stir in rice; cover. Cook on medium-low heat 5 min. or until chops are done (145F).
- Remove from heat; let stand 5 min. before serving.

Nutrition Facts



Properties

Glycemic Index:1.23, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.3756522017977%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 64.8kcal (3.24%), Fat: 2.28g (3.51%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.49g (2.36%), Sugar: 2.89g (3.21%), Cholesterol: 11.74mg (3.91%), Sodium: 51.39mg (2.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Selenium: 7.53µg (10.76%), Vitamin B1: 0.14mg (9.39%), Vitamin C: 6.5mg (7.88%), Vitamin B3: 1.53mg (7.66%), Vitamin B6: 0.15mg (7.49%), Phosphorus: 43.77mg (4.38%), Folate: 14.52µg (3.63%), Vitamin A: 132.78IU (2.66%), Zinc: 0.39mg (2.62%), Potassium: 89.61mg (2.56%), Iron: 0.45mg (2.51%), Manganese: 0.05mg (2.5%), Vitamin B2: 0.04mg (2.41%), Magnesium: 7.76mg (1.94%), Copper: 0.04mg (1.84%), Vitamin B12: 0.1µg (1.63%), Vitamin B5: 0.16mg (1.57%), Fiber: 0.38g (1.5%)