



Baked Mexicali Pork Chops

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

READY IN



45 min.

SERVINGS



2

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 11 ounce regular corn with red and green bell peppers, drained canned
- 16 ounce pinto beans rinsed drained canned
- 10 ounce canned tomatoes diced with lime juice and cilantro canned
- 0.3 teaspoon chili powder
- 0.3 teaspoon garlic salt
- 2 pork chops boneless

Equipment

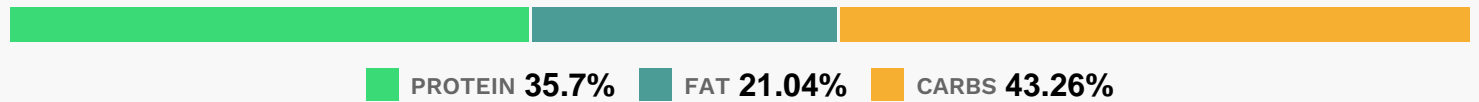
- baking sheet

- oven
- grill
- aluminum foil

Directions

- Preheat oven to 450 degrees F or grill to medium-high.
- Center one pork chop on each sheet of Reynolds Wrap® Heavy Duty Aluminum Foil; sprinkle with chili powder and garlic salt. Top with pinto beans, corn and tomatoes.
- Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make two packets.
- Bake 16 to 18 minutes on a cookie sheet in oven OR grill 9 to 11 minutes in covered grill.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:14.16, Inflammation Score:-9, Nutrition Score:40.868695725565%

Flavonoids

Luteolin: 7.34mg, Luteolin: 7.34mg, Luteolin: 7.34mg, Luteolin: 7.34mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 470.92kcal (23.55%), Fat: 11.27g (17.33%), Saturated Fat: 3.7g (23.14%), Carbohydrates: 52.12g (17.37%), Net Carbohydrates: 36.26g (13.18%), Sugar: 12.31g (13.68%), Cholesterol: 89.78mg (29.93%), Sodium: 1158.7mg (50.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.01g (86.02%), Vitamin C: 139.99mg (169.69%), Vitamin B6: 1.71mg (85.39%), Vitamin B1: 1.21mg (80.5%), Vitamin B3: 13.82mg (69.11%), Selenium: 45.26µg (64.65%), Fiber: 15.86g (63.45%), Manganese: 1.19mg (59.26%), Phosphorus: 588.79mg (58.88%), Potassium: 1818.9mg (51.97%), Copper: 0.81mg (40.37%), Magnesium: 154mg (38.5%), Iron: 6.42mg (35.68%), Zinc: 3.94mg (26.29%), Vitamin E: 3.91mg (26.07%), Vitamin B2: 0.4mg (23.76%), Vitamin K: 24.08µg (22.93%), Folate: 88.52µg (22.13%), Vitamin A: 961.16IU (19.22%), Vitamin B5: 1.83mg (18.33%), Calcium: 180.77mg (18.08%), Vitamin B12: 0.71µg (11.84%), Vitamin D: 0.54µg (3.57%)