



Black Bean-and-Corn Salsa Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 1 tablespoon flour all-purpose
- ☐ 0.5 teaspoon garlic powder divided
- ☐ 0.5 teaspoon pepper divided
- ☐ 2 inch center-cut pork chops boneless trimmed
- ☐ 0.5 teaspoon salt divided
- ☐ 1 oven bag
- ☐ 10 ounce tomato and chiles diced green canned

☐ 22 ounce kernel corn whole with red and green peppers, drained canned

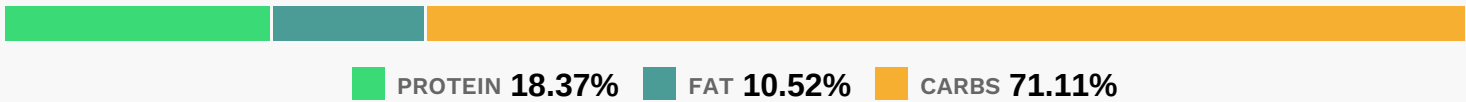
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place oven bag in a 13- x 9-inch baking dish.
- ☐ Add flour, 1/4 teaspoon garlic powder, 1/4 teaspoon salt, and 1/4 teaspoon pepper to oven bag. Twist end of bag, and shake to combine.
- ☐ Add corn, beans, and diced tomato to oven bag. Squeeze bag to blend ingredients.
- ☐ Sprinkle pork chops with remaining 1/4 teaspoon garlic powder, 1/4 teaspoon salt, and 1/4 teaspoon pepper; arrange in an even layer over vegetables.
- ☐ Close oven bag with nylon tie; cut 6 (1/2-inch) slits in top of bag.
- ☐ Bake at 350 for 30 minutes.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.8, Inflammation Score:-7, Nutrition Score:12.013913046326%

Flavonoids

Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 235.54kcal (11.78%), Fat: 2.8g (4.3%), Saturated Fat: 0.48g (3%), Carbohydrates: 42.53g (14.18%), Net Carbohydrates: 34.19g (12.43%), Sugar: 1.88g (2.09%), Cholesterol: 0.85mg (0.28%), Sodium: 957.54mg (41.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.99g (21.98%), Fiber: 8.33g (33.33%), Folate: 124.35µg (31.09%), Manganese: 0.47mg (23.25%), Phosphorus: 202.6mg (20.26%), Potassium: 690.88mg (19.74%), Vitamin C: 15.24mg (18.47%), Magnesium: 63.62mg (15.91%), Copper: 0.3mg (15.16%), Iron: 2.7mg (14.98%), Vitamin B1:

0.22mg (14.9%), Vitamin B3: 2.51mg (12.57%), Vitamin A: 596.05IU (11.92%), Vitamin B2: 0.18mg (10.41%), Zinc: 1.18mg (7.86%), Vitamin B6: 0.13mg (6.61%), Vitamin K: 6.02µg (5.73%), Calcium: 49.37mg (4.94%), Selenium: 2.54µg (3.63%), Vitamin B5: 0.28mg (2.82%), Vitamin E: 0.39mg (2.6%)