



## Black Beans and Pork Chops

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

READY IN



30 min.

SERVINGS



4

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pork chops bone-in
- 15 ounce black beans with liquid canned
- 1 tablespoon cilantro leaves fresh chopped
- 4 servings pepper black
- 1 tablespoon olive oil
- 1 cup salsa

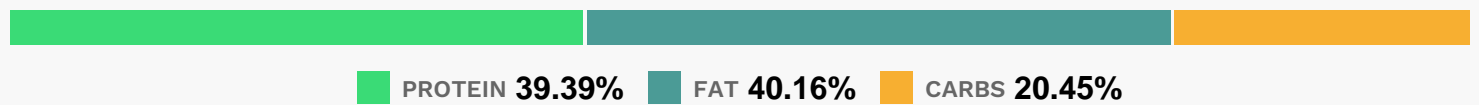
### Equipment

- frying pan

## Directions

- Season pork chops with desired amount of pepper. Select a frying pan large enough to hold all four pork chops in a single layer.
- Heat oil in frying pan over medium–high heat. Brown pork chops on both sides.
- Pour undrained beans and salsa over pork chops and season with cilantro. Bring liquid to a boil, reduce heat to medium–low, and cover. Simmer until pork chops are cooked through, about 20 to 35 minutes depending on chop thickness. If unsure of time, cut a pork chop in half to verify there is no pink left.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:26.631739160289%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 434.96kcal (21.75%), Fat: 19.24g (29.6%), Saturated Fat: 5.65g (35.32%), Carbohydrates: 22.05g (7.35%), Net Carbohydrates: 13.52g (4.92%), Sugar: 2.48g (2.75%), Cholesterol: 116.96mg (38.99%), Sodium: 927.99mg (40.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.46g (84.93%), Selenium: 59.26µg (84.66%), Vitamin B6: 1.35mg (67.74%), Vitamin B1: 0.99mg (66.26%), Vitamin B3: 12.61mg (63.04%), Phosphorus: 490.08mg (49.01%), Fiber: 8.53g (34.13%), Potassium: 1078.41mg (30.81%), Vitamin B2: 0.47mg (27.59%), Zinc: 3.71mg (24.71%), Magnesium: 89.53mg (22.38%), Iron: 3.39mg (18.84%), Copper: 0.35mg (17.74%), Manganese: 0.35mg (17.31%), Folate: 67.53µg (16.88%), Vitamin B5: 1.52mg (15.22%), Vitamin B12: 0.9µg (14.97%), Vitamin E: 1.5mg (10.03%), Calcium: 88.16mg (8.82%), Vitamin A: 333.72IU (6.67%), Vitamin D: 0.85µg (5.65%), Vitamin K: 5.31µg (5.06%), Vitamin C: 4.13mg (5.01%)