



Bruschetta Pork Chops

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



26 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 large plum tomatoes chopped
- 0.5 lb butterflied pork chops boneless
- 0.3 cup sun tomato vinaigrette dressing dried kraft

Equipment

- baking sheet
- oven

Directions

- Heat oven to 425F.
- Coat chops with coating mix as directed on package.
- Place on baking sheet sprayed with cooking spray.
- Bake 20 min. or until chops are done (160F). Meanwhile, combine tomatoes and dressing.
- Top chops with tomato mixture and cheese.
- Bake 5 min. or until cheese is melted.

Nutrition Facts

PROTEIN 32.35% **FAT 64.81%** **CARBS 2.84%**

Properties

Glycemic Index:1.27, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.219565226332%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 26.19kcal (1.31%), Fat: 1.87g (2.88%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.13g (0.14%), Cholesterol: 6.26mg (2.09%), Sodium: 15.31mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Selenium: 2.8µg (4.01%), Vitamin B1: 0.05mg (3.44%), Vitamin B3: 0.62mg (3.09%), Vitamin B6: 0.06mg (2.89%), Phosphorus: 26.22mg (2.62%), Vitamin K: 2.25µg (2.14%), Calcium: 15.33mg (1.53%), Vitamin B2: 0.02mg (1.18%), Zinc: 0.17mg (1.15%)