



## Caesar Pork Chops & Pasta

READY IN



30 min.

SERVINGS



2

CALORIES



697 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 cup tightly baby spinach leaves packed
- 0.8 lb pork chops bone-in
- 0.3 cup classic caesar dressing divided kraft
- 0.5 cup cherry tomatoes halved
- 2 cloves garlic minced
- 0.5 cup parmesan cheese shredded divided kraft
- 1 cup penne pasta uncooked

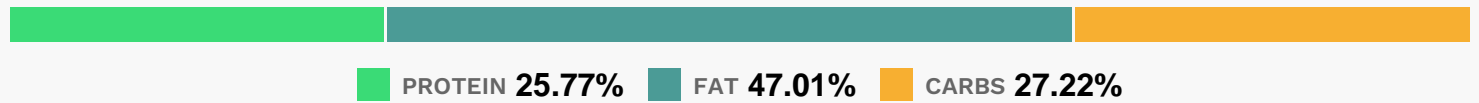
### Equipment

- frying pan
- sauce pan

## Directions

- Cook pasta in large saucepan as directed on package, omitting salt.
- Meanwhile, heat large nonstick skillet on medium heat 5 min. or until very hot. Top chops evenly with 2 Tbsp. dressing and 1/4 cup cheese; press cheese into dressing to secure.
- Add chops, cheese sides down, to skillet; cook 4 min. on each side or until done (145F).
- Transfer to plate; cover to keep warm.
- Drain pasta; add to skillet with spinach and garlic. Cook and stir 1 min. or just until spinach is wilted. Stir in remaining dressing, cheese and tomatoes; cook and stir 1 min. or until heated through.
- Serve with chops.

## Nutrition Facts



## Properties

Glycemic Index:65.5, Glycemic Load:17.45, Inflammation Score:-9, Nutrition Score:31.8899999990878%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

## Nutrients (% of daily need)

Calories: 697.4kcal (34.87%), Fat: 35.92g (55.26%), Saturated Fat: 10.68g (66.73%), Carbohydrates: 46.81g (15.6%), Net Carbohydrates: 44.21g (16.08%), Sugar: 3.55g (3.94%), Cholesterol: 116.48mg (38.83%), Sodium: 845.94mg (36.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.3g (88.61%), Selenium: 85.53µg (122.18%), Vitamin K: 104.87µg (99.88%), Phosphorus: 574.39mg (57.44%), Vitamin B6: 1.1mg (54.75%), Vitamin B3: 9.81mg (49.04%), Vitamin B1: 0.71mg (47.54%), Manganese: 0.76mg (38.24%), Calcium: 370.53mg (37.05%), Vitamin A: 1801.86IU (36.04%), Zinc: 3.94mg (26.25%), Vitamin B2: 0.4mg (23.57%), Magnesium: 89.25mg (22.31%), Potassium: 771.47mg (22.04%), Vitamin C: 13.73mg (16.65%), Vitamin B12: 0.98µg (16.42%), Copper: 0.31mg (15.51%), Iron: 2.77mg (15.38%), Vitamin E: 2.18mg (14.52%), Vitamin B5: 1.35mg (13.54%), Folate: 46.49µg (11.62%), Fiber: 2.6g (10.4%), Vitamin D: 0.79µg (5.28%)