



 **63%**  
HEALTH SCORE

## Cajun Pork with Spicy Beans

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**24 min.**

SERVINGS



**4**

CALORIES



**858 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons barbecue sauce
- 19 ounces black beans drained canned (do not rinse)
- 4 servings brown rice cooked
- 8 ounces no-salt-added corn niblets drained canned
- 1 tablespoon olive oil
- 1.3 pounds pork chops boneless
- 1 bell pepper sweet red chopped
- 1 onion red chopped

2 teaspoons cajun spice mix

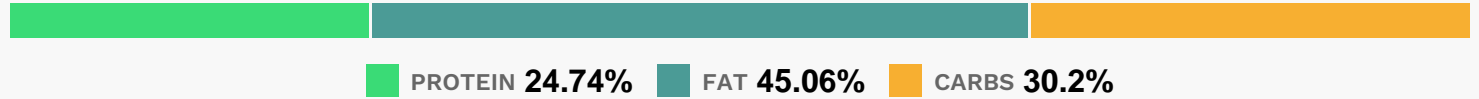
## Equipment

frying pan

## Directions

- Sprinkle 1 teaspoon spice mix on both sides of chops.
- Heat oil in nonstick skillet over medium heat.
- Add chops; cook 3 minutes. Turn over.
- Add onion and pepper around meat; cover and cook 7 minutes or until pork is almost cooked in center.
- Stir in remaining 1 teaspoon spice mixture; cook 1 minute.
- Add black beans, corn and barbecue sauce; simmer 2 to 3 minutes or until heated through.
- Serve with quick-cook brown rice.

## Nutrition Facts



## Properties

Glycemic Index:31.55, Glycemic Load:12.02, Inflammation Score:-9, Nutrition Score:45.079999975536%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

## Nutrients (% of daily need)

Calories: 858.05kcal (42.9%), Fat: 43.98g (67.66%), Saturated Fat: 10.11g (63.2%), Carbohydrates: 66.34g (22.11%), Net Carbohydrates: 50.94g (18.52%), Sugar: 11.38g (12.64%), Cholesterol: 94.97mg (31.66%), Sodium: 688.91mg (29.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.33g (108.65%), Manganese: 2.32mg (116.01%), Vitamin B3: 21.36mg (106.79%), Vitamin B1: 1.35mg (90.17%), Vitamin B6: 1.65mg (82.3%), Phosphorus: 751.4mg (75.14%), Selenium: 51.34µg (73.34%), Fiber: 15.4g (61.61%), Magnesium: 231.38mg (57.84%), Vitamin C: 43.81mg

(53.11%), Vitamin E: 6.68mg (44.56%), Potassium: 1482.94mg (42.37%), Folate: 154.95µg (38.74%), Vitamin B2: 0.59mg (34.96%), Copper: 0.69mg (34.27%), Zinc: 5.13mg (34.21%), Iron: 5.24mg (29.13%), Vitamin A: 1455.22IU (29.1%), Vitamin B5: 2.43mg (24.29%), Vitamin B12: 0.75µg (12.52%), Calcium: 108.21mg (10.82%), Vitamin K: 4.81µg (4.58%), Vitamin D: 0.57µg (3.78%)