



Cajun Smothered Pork Chops

 Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced with jalapeño peppers, undrained canned
- 0.5 medium onion sliced
- 1 lb pork loin chops bone-in trimmed of fat
- 2 teaspoons suya seasoning mix salt-free
- 2 teaspoons vegetable oil

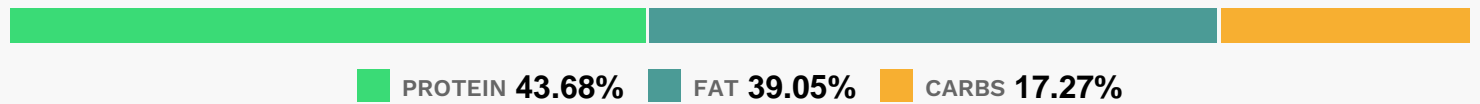
Equipment

- frying pan

Directions

- Sprinkle both sides of pork chops with seasoning blend. In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add onion; cook about 2 minutes, stirring occasionally, until slightly tender. Push onion to one side of skillet.
- Add pork to other side of skillet. Cook about 3 minutes, turning once, until browned.
- Add tomatoes.
- Heat to boiling; reduce heat. Cover; cook 4 to 8 minutes or until pork is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:2.42, Inflammation Score:-5, Nutrition Score:20.199999975122%

Flavonoids

Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 240.57kcal (12.03%), Fat: 10.53g (16.2%), Saturated Fat: 3.21g (20.04%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 7.24g (2.63%), Sugar: 5.21g (5.78%), Cholesterol: 75.98mg (25.33%), Sodium: 191.25mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (52.99%), Vitamin B1: 0.84mg (56.28%), Selenium: 38.33µg (54.76%), Vitamin B3: 10.44mg (52.22%), Vitamin B6: 1.02mg (50.98%), Phosphorus: 296.8mg (29.68%), Vitamin K: 24.96µg (23.77%), Potassium: 775.21mg (22.15%), Manganese: 0.34mg (16.84%), Vitamin B2: 0.28mg (16.47%), Iron: 2.84mg (15.77%), Magnesium: 58.07mg (14.52%), Zinc: 2.12mg (14.17%), Vitamin E: 2.07mg (13.79%), Copper: 0.27mg (13.63%), Fiber: 3.23g (12.93%), Vitamin C: 10.53mg (12.76%), Vitamin B5: 1.15mg (11.5%), Vitamin B12: 0.6µg (10.02%), Calcium: 85.4mg (8.54%), Folate: 21.81µg (5.45%), Vitamin A: 267.68IU (5.35%), Vitamin D: 0.45µg (3.02%)