

Chili Barbecue Chops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup barbecue sauce
- 4 pork chops bone-in (3/ and 7 ounces each)
- 2 teaspoons chili powder
- 0.5 cup salad dressing italian

Equipment

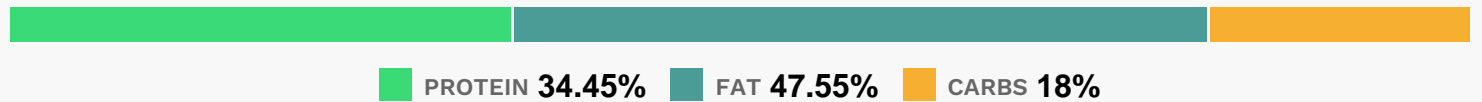
- bowl
- frying pan
- kitchen thermometer

ziploc bags

Directions

- In a small bowl, combine the salad dressing, barbecue sauce and chili powder.
- Pour 1/2 cup marinade into a large resealable plastic bag; add the pork chops. Seal bag and turn to coat; refrigerate for at least 1 hour. Cover and refrigerate remaining marinade.
- Drain and discard marinade. In a large skillet coated with cooking spray, brown chops on both sides over medium heat; drain.
- Add reserved marinade. Bring to a boil. Reduce heat; cover and simmer for 5–7 minutes or until a meat thermometer reaches 160°.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:20.351304402818%

Nutrients (% of daily need)

Calories: 422.96kcal (21.15%), Fat: 21.87g (33.65%), Saturated Fat: 5.98g (37.38%), Carbohydrates: 18.64g (6.21%), Net Carbohydrates: 17.97g (6.53%), Sugar: 15.11g (16.79%), Cholesterol: 116.96mg (38.99%), Sodium: 769.54mg (33.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.65g (71.3%), Selenium: 58.55µg (83.64%), Vitamin B6: 1.25mg (62.4%), Vitamin B3: 11.59mg (57.94%), Vitamin B1: 0.84mg (55.91%), Phosphorus: 368.81mg (36.88%), Zinc: 3.12mg (20.83%), Vitamin B2: 0.35mg (20.58%), Potassium: 708.5mg (20.24%), Vitamin K: 18.15µg (17.29%), Vitamin B12: 0.9µg (14.97%), Vitamin B5: 1.26mg (12.61%), Magnesium: 49.98mg (12.5%), Vitamin E: 1.51mg (10.09%), Iron: 1.55mg (8.59%), Vitamin A: 397.33IU (7.95%), Copper: 0.15mg (7.41%), Vitamin D: 0.85µg (5.65%), Calcium: 51.12mg (5.11%), Manganese: 0.08mg (4.15%), Fiber: 0.67g (2.68%)