



Cowboy Pork Chops and Pinto Beans



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup barbecue sauce
- ☐ 16 ounce pinto beans undrained canned
- ☐ 0.5 teaspoon garlic powder
- ☐ 2 green onions sliced
- ☐ 2 teaspoons ground cumin divided
- ☐ 0.3 teaspoon ground pepper red
- ☐ 24 ounce center-cut loin pork chops
- ☐ 0.5 cup salsa

☐ 0.3 teaspoon salt

Equipment

☐ sauce pan

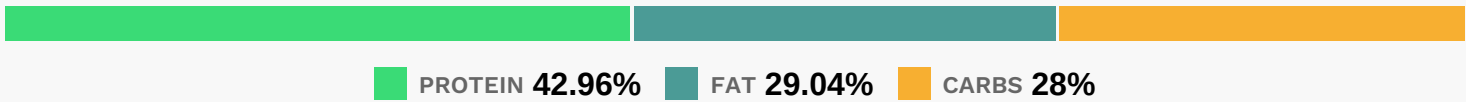
☐ oven

☐ broiler pan

Directions

- ☐ Trim fat from chops.
- ☐ Sprinkle both sides of chops with 1 teaspoon cumin, garlic powder, ground red pepper, and salt.
- ☐ Place chops on rack of a broiler pan coated with cooking spray. Broil chops 5 1/2 inches from heat (with electric oven door partially opened) 5 minutes on each side.
- ☐ While chops broil, combine remaining 1 teaspoon cumin, beans, and remaining 3 ingredients in a medium saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 8 minutes, stirring occasionally.
- ☐ Serve chops with beans.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:5.53, Inflammation Score:-6, Nutrition Score:27.387390924537%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 404.12kcal (20.21%), Fat: 12.87g (19.8%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 27.92g (9.31%), Net Carbohydrates: 21.63g (7.87%), Sugar: 8.51g (9.46%), Cholesterol: 113.97mg (37.99%), Sodium: 931.11mg (40.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.85g (85.7%), Selenium: 57.02µg (81.45%), Vitamin B1: 1.22mg (81.37%), Vitamin B3: 14.45mg (72.27%), Vitamin B6: 1.41mg (70.34%), Phosphorus: 511.85mg (51.18%), Potassium: 1114.22mg (31.83%), Fiber: 6.29g (25.16%), Manganese: 0.48mg (24.06%), Magnesium: 94.19mg (23.55%), Zinc:

3.45mg (23.02%), Vitamin B2: 0.36mg (21.35%), Iron: 3.55mg (19.74%), Copper: 0.33mg (16.46%), Vitamin K: 16.64µg (15.85%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.49mg (14.93%), Vitamin E: 1.51mg (10.09%), Calcium: 94.4mg (9.44%), Folate: 33.12µg (8.28%), Vitamin A: 327.38IU (6.55%), Vitamin D: 0.68µg (4.54%), Vitamin C: 2.82mg (3.42%)