



Easy and Delicious Mexican Pork Chops

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce tomato sauce canned
- ☐ 1 bell pepper green sliced
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 cup picante sauce
- ☐ 6 pork chops boneless
- ☐ 1 cup cheddar cheese shredded
- ☐ 0.3 cup taco seasoning
- ☐ 2 tablespoons vegetable oil

- ☐ 3 cups water
- ☐ 1.5 cups rice long-grain white uncooked

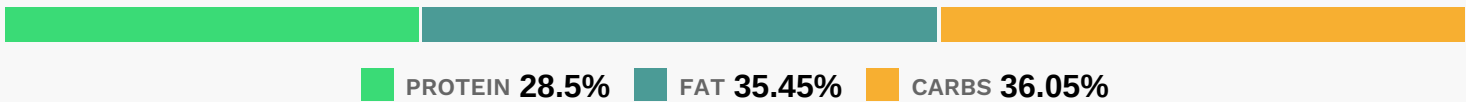
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- ☐ Heat the vegetable oil in a large skillet over medium heat.
- ☐ Sprinkle pork chops with salt and black pepper, and brown them on both sides, about 5 minutes per side. Set chops aside.
- ☐ Mix the water, rice, tomato sauce, picante sauce, and taco seasoning in the prepared baking dish.
- ☐ Lay the chops into the rice mixture, and top with the green bell pepper slices. Cover the dish.
- ☐ Bake in the preheated oven until the chops are no longer pink inside and the rice is tender, about 1 hour. An instant-read thermometer inserted into the thickest part of a chop should read 145 degrees F (63 degrees C). Uncover the dish, and sprinkle with Cheddar cheese.
- ☐ Return to the oven, and bake uncovered until the cheese is melted and bubbly, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:29.2, Glycemic Load:23.1, Inflammation Score:-8, Nutrition Score:26.324782475181%

Flavonoids

Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 531.53kcal (26.58%), Fat: 20.73g (31.9%), Saturated Fat: 7.71g (48.17%), Carbohydrates: 47.44g (15.81%), Net Carbohydrates: 43.66g (15.88%), Sugar: 4.61g (5.13%), Cholesterol: 108.61mg (36.2%), Sodium: 1312.96mg (57.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.51g (75.02%), Selenium: 57.09µg (81.56%), Vitamin B1: 0.96mg (63.98%), Vitamin B3: 12.17mg (60.84%), Vitamin B6: 1.18mg (59.08%), Phosphorus: 463.55mg (46.35%), Manganese: 0.62mg (30.82%), Vitamin A: 1460.43IU (29.21%), Vitamin C: 23.44mg (28.41%), Vitamin B2: 0.39mg (22.99%), Zinc: 3.44mg (22.92%), Potassium: 771.71mg (22.05%), Calcium: 172.82mg (17.28%), Vitamin B5: 1.7mg (17.03%), Magnesium: 63.74mg (15.94%), Vitamin B12: 0.91µg (15.16%), Fiber: 3.77g (15.1%), Copper: 0.27mg (13.7%), Iron: 2.27mg (12.6%), Vitamin K: 12.43µg (11.84%), Vitamin E: 1.62mg (10.8%), Vitamin D: 0.65µg (4.33%), Folate: 13.92µg (3.48%)