

# **Easy and Delicious Mexican Pork Chops**

**Gluten Free** 







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
O.5 cup picante sauce
6 pork chops boneless
1 cup cheddar cheese shredded
O.3 cup taco seasoning

2 tablespoons vegetable oil

	3 cups water	
	1.5 cups rice long-grain white uncooked	
Εq	uipment	
	frying pan	
	oven	
	baking pan	
	kitchen thermometer	
Di	rections	
	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		
	PROTEIN <b>28.5%</b> FAT <b>35.45%</b> CARBS <b>36.05%</b>	
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, 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 %: O% (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%)