



## Easy Scalloped Potatoes and Chops

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

READY IN



40 min.

SERVINGS



4

CALORIES



33 kcal

SIDE DISH

### Ingredients

- 2 inch pork loin bone-in
- 0.3 teaspoon pepper
- 2 ounce pimientos diced drained
- 5 ounce potatoes
- 0.5 teaspoon salt

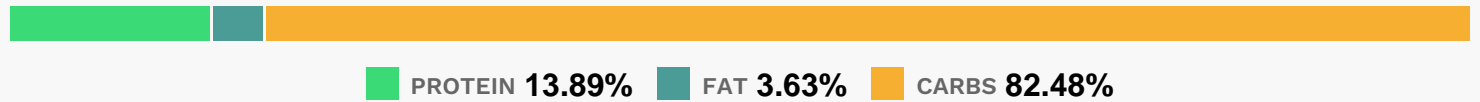
### Equipment

- frying pan
- stove

## Directions

- Sprinkle pork with salt and pepper.
- Cook pork chops in a lightly greased large nonstick skillet over medium-high heat 3 minutes on each side or until browned.
- Remove pork chops from skillet, and set aside.
- Prepare scalloped potatoes (do not cook) in skillet according to package directions for the stove top. Stir in diced pimiento, and bring to a boil, stirring occasionally. Top with pork chops. Cover, reduce heat, and simmer 20 minutes. Uncover and cook 5 more minutes or until potatoes are tender.

## Nutrition Facts



## Properties

Glycemic Index:40.19, Glycemic Load:4.8, Inflammation Score:-4, Nutrition Score:3.5356521819435%

## Flavonoids

Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

## Nutrients (% of daily need)

Calories: 33.25kcal (1.66%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.02g (2.19%), Sugar: 0.75g (0.83%), Cholesterol: 0.8mg (0.27%), Sodium: 295.87mg (12.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin C: 21.72mg (26.33%), Vitamin B6: 0.15mg (7.59%), Vitamin A: 377.73IU (7.55%), Potassium: 183.02mg (5.23%), Fiber: 1.14g (4.55%), Manganese: 0.08mg (4.2%), Iron: 0.59mg (3.28%), Vitamin B3: 0.55mg (2.77%), Phosphorus: 26.23mg (2.62%), Copper: 0.05mg (2.47%), Vitamin B1: 0.04mg (2.47%), Magnesium: 9.69mg (2.42%), Vitamin K: 2.32µg (2.21%), Folate: 6.68µg (1.67%), Vitamin B2: 0.02mg (1.43%), Vitamin B5: 0.12mg (1.18%), Zinc: 0.16mg (1.07%)