



## Five-Pepper Pork Chop Skillet

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

READY IN



29 min.

SERVINGS



6

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 lb pork chops bone-in
- 0.8 cup chicken broth divided
- 10 oz philadelphia original cooking creme
- 0.3 tsp pepper red crushed
- 1 tsp coarse ground pepper black
- 3 bell peppers green red yellow coarsely chopped (1, 1, 1)

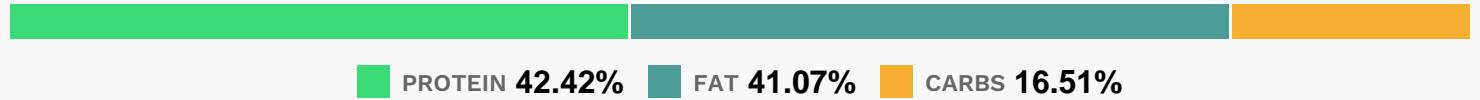
### Equipment

- frying pan

## Directions

- Sprinkle chops with black pepper.
- Add 3 chops to large nonstick skillet; cook on medium heat 3 to 4 min. on each side or until done (160F).
- Transfer to platter; cover to keep warm. Repeat with remaining chops.
- Add peppers and 1/2 cup broth to skillet; cook on medium-high heat 5 min. or until peppers are crisp-tender and most of the broth has evaporated. Stir in cooking crme, remaining broth and crushed pepper; cook and stir 2 to 3 min. or until sauce is well blended and heated through.
- Serve sauce over chops.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:16.473043535067%

## Flavonoids

Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

## Nutrients (% of daily need)

Calories: 231.61kcal (11.58%), Fat: 10.43g (16.04%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 9.43g (3.14%), Net Carbohydrates: 8.3g (3.02%), Sugar: 7.85g (8.72%), Cholesterol: 78.83mg (26.28%), Sodium: 180.24mg (7.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.23g (48.46%), Vitamin C: 47.84mg (57.99%), Selenium: 38.48µg (54.97%), Vitamin B6: 0.93mg (46.32%), Vitamin B1: 0.59mg (39.38%), Vitamin B3: 7.87mg (39.35%), Phosphorus: 250.85mg (25.09%), Vitamin B2: 0.25mg (14.69%), Potassium: 504.9mg (14.43%), Zinc: 2.15mg (14.3%), Vitamin B12: 0.61µg (10.11%), Magnesium: 35.76mg (8.94%), Vitamin B5: 0.87mg (8.65%), Manganese: 0.14mg (7.21%), Copper: 0.12mg (6.21%), Iron: 1.01mg (5.6%), Vitamin A: 254.07IU (5.08%), Vitamin K: 5.04µg (4.8%), Fiber: 1.12g (4.5%), Vitamin D: 0.57µg (3.78%), Calcium: 32.78mg (3.28%), Vitamin E: 0.4mg (2.69%), Folate: 6.03µg (1.51%)