



Five-Pepper Pork Chop Skillet

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 and bell pepper green red yellow coarsely chopped
- 2 lb pork chops bone-in
- 4 oz philadelphia cream cheese cubed ()
- 0.3 tsp pepper red crushed
- 0.5 cup chicken broth fat-free reduced-sodium
- 1 tsp ground pepper black

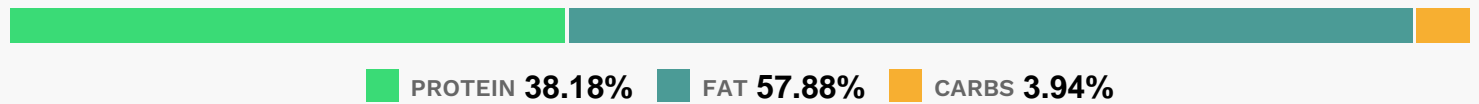
Equipment

- 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 (145F).
- Transfer to platter; cover to keep warm. Repeat with remaining chops.
- Add bell peppers and broth to skillet; cook on medium-high heat 5 min. or until peppers are crisp-tender. Stir in cream cheese and crushed pepper; cook and stir 2 to 3 min. or until sauce is blended and heated through.
- Serve sauce over chops.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.0860869443935%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 53.22kcal (2.66%), Fat: 3.37g (5.18%), Saturated Fat: 1.44g (9.03%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.15g (0.17%), Cholesterol: 19.47mg (6.49%), Sodium: 40.18mg (1.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Selenium: 8.09µg (11.56%), Vitamin C: 7.28mg (8.82%), Vitamin B6: 0.17mg (8.4%), Vitamin B3: 1.56mg (7.82%), Vitamin B1: 0.11mg (7.49%), Phosphorus: 52.97mg (5.3%), Vitamin B2: 0.05mg (3.15%), Zinc: 0.43mg (2.86%), Potassium: 93.54mg (2.67%), Vitamin B12: 0.14µg (2.27%), Vitamin B5: 0.19mg (1.93%), Magnesium: 6.66mg (1.67%), Vitamin A: 65.36IU (1.31%), Copper: 0.02mg (1.05%)