



## Golden Crusted Pork Chops with Green Beans

READY IN



40 min.

SERVINGS



6

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.3 lb pork chops bone-in
- 3 cups green beans frozen
- 2 Tbsp 2 tbsp. kraft zesty italian dressing italian kraft
- 3 Tbsp miracle whip dressing
- 3 Tbsp grey poupon spicy brown mustard hearty
- 6 oz stove top stuffing mix for chicken

### Equipment

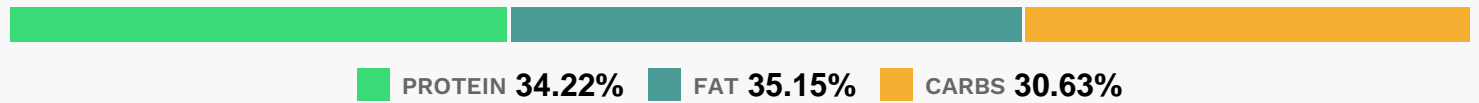
- oven

- baking pan
- aluminum foil

## Directions

- Preheat oven to 425F. Prepare stuffing as directed on package.
- Mix MIRACLE WHIP and mustard; set aside.
- Place chops in 13x9-inch baking dish; brush with half of the mustard mixture. Turn chops over; brush with remaining mustard mixture. Top with stuffing; cover with foil.
- Bake 10 min.
- Meanwhile, place beans on large sheet of foil; drizzle with Italian dressing. Bring up foil sides. Double fold top and ends to seal packet. Uncover chops; place bean packet in oven.
- Bake chops and beans 20 min. or until chops are cooked through (160F) and beans are heated through.

## Nutrition Facts



## Properties

Glycemic Index:13, Glycemic Load:1.1, Inflammation Score:-6, Nutrition Score:21.938260907712%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 366.41kcal (18.32%), Fat: 14.11g (21.7%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 24.8g (9.02%), Sugar: 5.6g (6.22%), Cholesterol: 89.03mg (29.68%), Sodium: 665.97mg (28.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.8%), Selenium: 59.71µg (85.29%), Vitamin B1: 0.85mg (56.53%), Vitamin B3: 10.53mg (52.65%), Vitamin B6: 1.02mg (50.91%), Phosphorus: 336.74mg (33.67%), Vitamin K: 26.82µg (25.54%), Vitamin B2: 0.42mg (24.58%), Potassium: 642.65mg (18.36%), Zinc: 2.71mg (18.03%), Folate: 66.3µg (16.58%), Manganese: 0.33mg (16.45%), Magnesium: 60.83mg (15.21%), Iron: 2.59mg (14.4%), Vitamin B5: 1.16mg (11.57%), Fiber: 2.87g (11.47%), Vitamin B12: 0.68µg (11.36%), Copper: 0.19mg (9.61%), Vitamin C: 6.76mg (8.19%), Vitamin A: 400.33IU (8.01%), Calcium: 77.93mg (7.79%), Vitamin D: 0.64µg (4.25%), Vitamin E: 0.62mg (4.13%)