



Greek-Style Baked Pork Chops

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons garlic minced
- ☐ 1 teaspoon coarsely ground pepper
- ☐ 0.3 cup kalamata olives chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons olive oil

- ☐ 0.5 teaspoon oregano dried
- ☐ 3 inch center-cut pork chops
- ☐ 0.5 cup bottled roasted bell peppers diced red

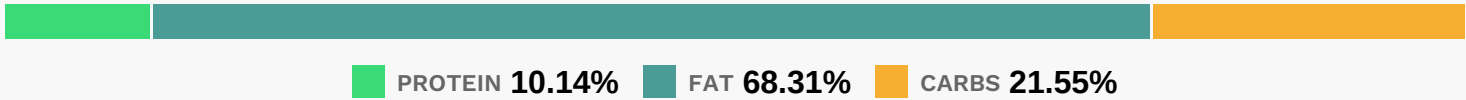
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Stir together first 7 ingredients.
- ☐ Stir together flour and pepper. Coat both sides of pork chops evenly with flour mixture. Cook pork chops in a lightly greased ovenproof skillet over medium heat 2 minutes on each side. Spoon red bell pepper mixture over pork chops.
- ☐ Bake, covered, at 400 for 5 minutes.
- ☐ Combine feta cheese and olives in a small bowl. Spoon mixture evenly over pork chops, and bake, covered, 5 more minutes.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:4.72, Inflammation Score:-5, Nutrition Score:7.1908695620039%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 168.23kcal (8.41%), Fat: 13.07g (20.1%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 8.07g (2.93%), Sugar: 0.25g (0.28%), Cholesterol: 17.96mg (5.99%), Sodium: 631.11mg (27.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.36g (8.73%), Vitamin K: 23.53µg (22.41%), Vitamin C: 12.68mg (15.37%), Vitamin B2: 0.21mg (12.51%), Calcium: 118.71mg (11.87%), Vitamin E: 1.55mg (10.3%), Manganese: 0.19mg (9.5%), Selenium: 6.51µg (9.29%), Phosphorus: 84.34mg (8.43%), Vitamin B6: 0.16mg (7.92%), Vitamin B1: 0.12mg (7.73%), Folate: 26.56µg (6.64%), Vitamin A: 306.5IU (6.13%), Vitamin B12: 0.33µg (5.45%), Iron: 0.97mg (5.37%), Vitamin B3: 0.97mg (4.85%), Fiber: 1.21g (4.83%), Zinc: 0.71mg (4.7%), Copper: 0.07mg (3.51%), Magnesium: 11.72mg (2.93%), Vitamin B5: 0.27mg (2.69%), Potassium: 84.25mg (2.41%)