



Green Pepper Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon browning sauce
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 bell peppers green sliced
- ☐ 1 onion thinly sliced
- ☐ 4 pork chops boneless
- ☐ 3 servings salt and pepper to taste
- ☐ 2 tablespoons vegetable oil
- ☐ 3 servings water to cover

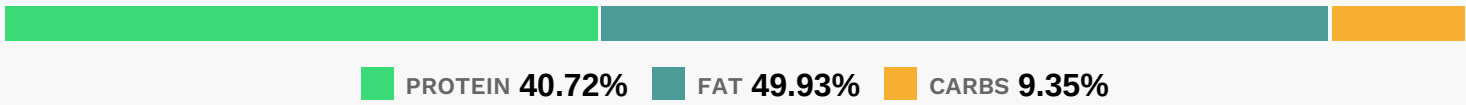
Equipment

☐ frying pan

Directions

- ☐ In a large skillet, heat oil over medium high heat.
- ☐ Saute onions, then add pork chops and brown for 4 to 5 minutes on each side.
- ☐ Add enough water to barely cover pork chops and top with green bell peppers.
- ☐ Add browning sauce, cover skillet and let all simmer for about 40 minutes, turning chops at least once.
- ☐ Remove pork chops from skillet to serving plate or platter. Thicken bell pepper sauce with flour and water, to taste. Season sauce with salt and pepper to taste, pour over chops and serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:1.73, Inflammation Score:-7, Nutrition Score:27.713043482407%

Flavonoids

Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg, Luteolin: 3.74mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

Nutrients (% of daily need)

Calories: 402.47kcal (20.12%), Fat: 21.65g (33.31%), Saturated Fat: 5.82g (36.4%), Carbohydrates: 9.12g (3.04%), Net Carbohydrates: 7.12g (2.59%), Sugar: 4.46g (4.96%), Cholesterol: 119.71mg (39.9%), Sodium: 305.25mg (13.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.73g (79.45%), Selenium: 59.77µg (85.39%), Vitamin B1: 1.26mg (84.28%), Vitamin C: 66.5mg (80.6%), Vitamin B6: 1.52mg (75.97%), Vitamin B3: 14.77mg (73.87%), Phosphorus: 431.73mg (43.17%), Potassium: 860.26mg (24.58%), Vitamin B2: 0.37mg (21.72%), Vitamin K: 22.69µg (21.61%), Zinc: 2.97mg (19.79%), Vitamin B12: 0.95µg (15.78%), Magnesium: 60.72mg (15.18%), Vitamin B5: 1.43mg (14.28%), Copper: 0.21mg (10.33%), Vitamin E: 1.28mg (8.5%), Manganese: 0.17mg (8.31%), Fiber: 2.01g (8.03%), Iron: 1.31mg (7.25%), Vitamin A: 301.41IU (6.03%), Vitamin D: 0.71µg (4.76%), Folate: 17.34µg (4.34%), Calcium: 36.29mg

(3.63%)