



Grilled Southwest Pork Packs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bell pepper chopped
- 1 cup chicken broth progresso® (from 32-oz carton)
- 0.5 cup corn whole green frozen giant® niblets® (from 1-lb bag)
- 2 tablespoons spring onion sliced
- 1 cup rice instant uncooked
- 1 teaspoon penzey's southwest seasoning
- 8 oz pork loin chops boneless

Equipment

- sauce pan
- grill
- kitchen thermometer
- aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut two 18x12-inch pieces of heavy-duty foil. Spray half of one side of each piece with cooking spray.
- In 1 1/2-quart saucepan, heat broth to boiling; remove from heat. Stir in rice and 2 teaspoons Mexican seasoning; let stand about 5 minutes or until broth is absorbed. Stir in corn, bell pepper and onions.
- Sprinkle each pork chop with 1/2 teaspoon Mexican seasoning; place on center of sprayed half of foil. Spoon rice mixture over pork. Fold foil over pork and rice so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packets over medium heat 15 to 20 minutes or until pork is no longer pink in center and meat thermometer inserted in center reads 160°F.
- Place packets on plates.
- Cut large X across top of each packet; fold back foil.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:65.09, Glycemic Load:44.87, Inflammation Score:-7, Nutrition Score:25.772174068119%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 561.49kcal (28.07%), Fat: 9.44g (14.52%), Saturated Fat: 3.09g (19.33%), Carbohydrates: 82.62g (27.54%), Net Carbohydrates: 79.82g (29.02%), Sugar: 1.64g (1.82%), Cholesterol: 78.33mg (26.11%), Sodium: 558.43mg (24.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.12g (66.24%), Selenium: 52.14µg (74.48%), Manganese: 1.24mg (62.14%), Vitamin B1: 0.87mg (57.94%), Vitamin B3: 11.42mg (57.08%), Vitamin B6: 1.06mg (52.93%), Phosphorus: 393.44mg (39.34%), Vitamin C: 25.66mg (31.11%), Vitamin K: 28.75µg (27.38%), Vitamin B2: 0.36mg (21.39%), Zinc: 3.09mg (20.6%), Potassium: 680.91mg (19.45%), Vitamin B5: 1.86mg (18.59%), Magnesium: 68mg (17%), Copper: 0.32mg (16%), Iron: 2.55mg (14.15%), Vitamin A: 691.78IU (13.84%), Fiber: 2.8g (11.19%), Vitamin B12: 0.62µg (10.41%), Folate: 36.52µg (9.13%), Calcium: 84.27mg (8.43%), Vitamin E: 1.07mg (7.16%), Vitamin D: 0.45µg (3.02%)