



## Grilled Southwestern Pork Foil Packs

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup chicken broth (from 32-oz carton)
- 1 cup rice instant uncooked
- 2 teaspoons crema mexicana
- 0.5 cup corn whole frozen (from 1-lb bag)
- 0.3 cup bell pepper chopped
- 2 tablespoons spring onion sliced
- 8 oz lamb loin chops boneless
- 1 teaspoon crema mexicana

- 1 serving salsa thick

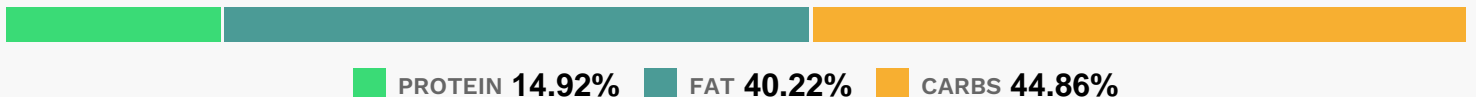
## Equipment

- 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:62.59, Glycemic Load:44.84, Inflammation Score:-6, Nutrition Score:21.253043547921%

## 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: 748.71kcal (37.44%), Fat: 32.86g (50.56%), Saturated Fat: 13.62g (85.1%), Carbohydrates: 82.46g (27.49%), Net Carbohydrates: 80.43g (29.25%), Sugar: 2.38g (2.65%), Cholesterol: 90.24mg (30.08%), Sodium: 702.82mg (30.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.43g (54.86%), Manganese: 1.15mg (57.52%), Selenium: 36.07µg (51.53%), Vitamin B3: 9.76mg (48.8%), Vitamin B12: 2.34µg (38.95%), Vitamin C: 25.91mg (31.41%), Phosphorus: 311mg (31.1%), Zinc: 4.17mg (27.78%), Vitamin B2: 0.38mg (22.6%), Vitamin B6: 0.39mg (19.26%), Copper: 0.37mg (18.52%), Vitamin B5: 1.76mg (17.59%), Iron: 2.97mg (16.48%), Vitamin B1: 0.24mg (15.92%), Vitamin A: 755.87IU (15.12%), Potassium: 510.84mg (14.6%), Magnesium: 58.07mg (14.52%), Vitamin K: 14.1µg (13.43%), Folate: 50.6µg (12.65%), Fiber: 2.04g (8.15%), Calcium: 70.46mg (7.05%), Vitamin E: 0.88mg (5.84%)