



## Marinated Dijon Pork Chops with Mac & Cheese Dinner

 Dairy Free

READY IN



36 min.

SERVINGS



36

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 lb pork chop bone-in
- 1.5 lb broccoli spears
- 2 Tbsp grey poupon dijon mustard
- 14 oz deluxe macaroni & cheese dinner kraft
- 0.5 cup tuscan house dressing italian kraft

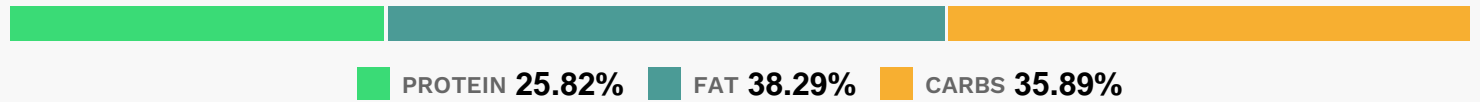
### Equipment

- frying pan

## Directions

- Pierce both sides of chops several times with fork; place in shallow dish.
- Mix dressing and mustard; pour evenly over chops. Cover.
- Refrigerate 15 min. to marinate.
- Remove chops from marinade; discard marinade.
- Cook pork chops in nonstick skillet on medium heat 7 to 8 min. on each side or until cooked through. Meanwhile, prepare Dinner as directed on pkg. and cook broccoli.
- Serve chops with the Dinner and broccoli.

## Nutrition Facts



## Properties

Glycemic Index:3.56, Glycemic Load:3.54, Inflammation Score:-2, Nutrition Score:4.8734783439533%

## Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 75.69kcal (3.78%), Fat: 3.24g (4.99%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 6.31g (2.29%), Sugar: 0.69g (0.76%), Cholesterol: 9.78mg (3.26%), Sodium: 140.06mg (6.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.84%), Vitamin C: 16.87mg (20.45%), Vitamin K: 21.12µg (20.11%), Phosphorus: 86.6mg (8.66%), Selenium: 5.61µg (8.02%), Vitamin B6: 0.13mg (6.73%), Vitamin B1: 0.08mg (5.63%), Vitamin B3: 1.07mg (5.34%), Manganese: 0.1mg (4.85%), Potassium: 134.05mg (3.83%), Zinc: 0.48mg (3.2%), Folate: 11.97µg (2.99%), Magnesium: 11.82mg (2.96%), Vitamin B2: 0.05mg (2.91%), Calcium: 28.51mg (2.85%), Iron: 0.48mg (2.65%), Vitamin A: 120.36IU (2.41%), Vitamin B5: 0.21mg (2.11%), Fiber: 0.53g (2.11%), Vitamin E: 0.24mg (1.59%), Vitamin B12: 0.08µg (1.25%)