



Mexican Shells & Pork Chops

 Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.3 lb pork chops bone-in
- 1 bell pepper green chopped
- 1 Tbsp oil
- 1 cup taco bell® & chunky salsa thick
- 12 oz velveeta shells & cheese dinner
- 2 cups water

Equipment

- frying pan

Directions

- Heat oil in large skillet on medium-high heat.
- Add chops; cook 5 to 6 min. on each side or until done (145F).
- Remove from skillet; cover to keep warm.
- Add salsa and water to skillet; bring to boil.
- Stir in Shells and peppers. Cook on medium heat 10 min. Stir in Cheese Sauce; top with chops. Cover. Simmer on low heat 5 min. or until heated through.

Nutrition Facts

PROTEIN 37.68% **FAT 47.39%** **CARBS 14.93%**

Properties

Glycemic Index:2.5, Glycemic Load:0.09, Inflammation Score:-7, Nutrition Score:24.389565224233%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 425.28kcal (21.26%), Fat: 22.29g (34.29%), Saturated Fat: 9.51g (59.43%), Carbohydrates: 15.8g (5.27%), Net Carbohydrates: 14.12g (5.14%), Sugar: 10.42g (11.58%), Cholesterol: 109.07mg (36.36%), Sodium: 1840.55mg (80.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.88g (79.76%), Phosphorus: 1119.84mg (111.98%), Calcium: 533.1mg (53.31%), Selenium: 36.52µg (52.17%), Vitamin B6: 0.92mg (46.1%), Vitamin B2: 0.78mg (46.05%), Vitamin B3: 7.91mg (39.54%), Vitamin B1: 0.56mg (37.02%), Vitamin C: 25.24mg (30.59%), Zinc: 4.18mg (27.87%), Vitamin A: 1263.63IU (25.27%), Potassium: 877.83mg (25.08%), Vitamin E: 1.64mg (10.95%), Magnesium: 40.49mg (10.12%), Vitamin B12: 0.56µg (9.39%), Vitamin B5: 0.91mg (9.09%), Copper: 0.15mg (7.39%), Vitamin K: 7.43µg (7.07%), Fiber: 1.68g (6.7%), Iron: 1.16mg (6.46%), Manganese: 0.12mg (5.86%), Vitamin D: 0.53µg (3.54%), Folate: 5.57µg (1.39%)