



## Peppered Pork with Corn Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups whole-kernel corn frozen thawed
- 0.3 cup green onions chopped ( 3 green onions)
- 2 tablespoons jalapeño pepper jelly divided
- 16 ounce pork loin chops boneless lean ( 1/)
- 0.5 cup bell pepper diced red

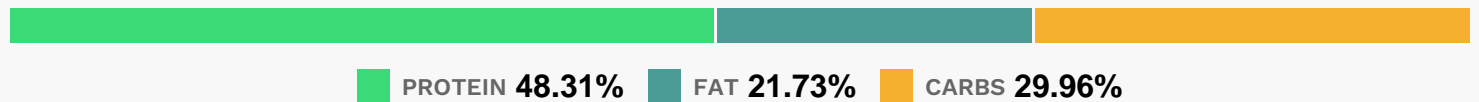
### Equipment

- frying pan

## Directions

- Coat a large nonstick skillet with cooking spray, and place over medium heat until hot.
- Add pork; top evenly with 1 tablespoon jelly. Cook pork 3 minutes on each side.
- Remove pork from skillet, and keep warm.
- Add remaining 1 tablespoon jelly to skillet; cook over low heat, stirring constantly, until melted.
- Add corn, red bell pepper, and green onions; cook over medium-high heat, stirring constantly, 2 minutes.
- Add pork; cook 3 minutes or until pork is done.
- Note: Think pork is fatty? Actually, roasted pork tenderloin has about the same amount of fat as the same size portion of skinless roasted chicken breast. To make sure you buy the leanest cuts of pork, look for "loin" or "leg" on the package label (pork tenderloin, top loin roast, top leg roast, loin chops, and pork sirloin roast).

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.36, Inflammation Score:-7, Nutrition Score:16.53434763784%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 222.86kcal (11.14%), Fat: 5.43g (8.35%), Saturated Fat: 1.58g (9.87%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 14.99g (5.45%), Sugar: 9.31g (10.34%), Cholesterol: 71.44mg (23.81%), Sodium: 187.18mg (8.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.14g (54.27%), Vitamin B6: 0.94mg (46.91%), Selenium: 31.85µg (45.5%), Vitamin B3: 7.36mg (36.78%), Vitamin B1: 0.54mg (35.98%), Vitamin C: 27.21mg (32.98%), Phosphorus: 291.36mg (29.14%), Vitamin K: 18.16µg (17.3%), Vitamin B2: 0.29mg (17.02%), Potassium: 567.59mg (16.22%), Zinc: 2.32mg (15.45%), Vitamin A: 762.16IU (15.24%), Vitamin B5: 1.13mg (11.28%), Magnesium: 41.38mg (10.35%), Vitamin B12: 0.58µg (9.64%), Folate: 36.66µg (9.16%), Fiber: 1.84g (7.35%), Manganese: 0.11mg (5.61%), Iron: 0.98mg (5.45%), Copper: 0.1mg (4.81%), Vitamin E: 0.54mg (3.62%), Vitamin D: 0.45µg (3.02%), Calcium: 14.82mg (1.48%)