



Pork-and-Pepper Skillet



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- ☐ 1 garlic clove pressed
- ☐ 1 teaspoon olive oil
- ☐ 1 small onion cut into thin strips
- ☐ 0.5 teaspoon pepper
- ☐ 2 ounce center-cut pork loin chops boneless
- ☐ 2 medium size bell peppers red cut into thin strips
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 teaspoon salt

- ☐ 4 servings garnish: thyme sprigs fresh
- ☐ 1 teaspoon or dried fresh chopped

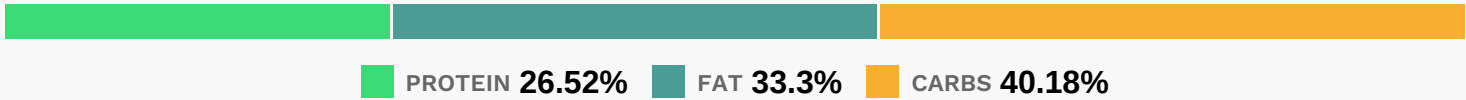
Equipment

- ☐ frying pan

Directions

- ☐ Rub both sides of pork chops with thyme, pepper, and salt. Cook pork in a large nonstick skillet coated with vegetable cooking spray over medium-high heat 2 minutes on each side.
- ☐ Add oil; cover, reduce heat, and cook 3 minutes.
- ☐ Remove pork from skillet.
- ☐ Saut onion, bell pepper, and garlic in skillet until crisp-tender. Return pork to skillet, and cook 2 minutes. Cover, reduce heat, and cook 9 minutes or until pork is done.
- ☐ Drizzle with vinegar.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:10.994347821111%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg, Quercetin: 3.7mg

Nutrients (% of daily need)

Calories: 57.44kcal (2.87%), Fat: 2.23g (3.43%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 6.05g (2.01%), Net Carbohydrates: 4.19g (1.52%), Sugar: 3.25g (3.62%), Cholesterol: 9.5mg (3.17%), Sodium: 155.95mg (6.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin C: 79.43mg (96.28%), Vitamin A: 1922.31IU (38.45%), Vitamin B6: 0.31mg (15.6%), Vitamin B1: 0.14mg (9.22%), Vitamin B3: 1.77mg (8.87%), Manganese: 0.17mg

(8.68%), Folate: 31.9µg (7.97%), Vitamin K: 8.3µg (7.9%), Vitamin E: 1.13mg (7.52%), Fiber: 1.86g (7.43%), Selenium: 4.97µg (7.1%), Potassium: 219.92mg (6.28%), Phosphorus: 55.99mg (5.6%), Vitamin B2: 0.09mg (5.21%), Iron: 0.91mg (5.04%), Magnesium: 15.49mg (3.87%), Vitamin B5: 0.33mg (3.25%), Zinc: 0.44mg (2.97%), Calcium: 20.75mg (2.07%), Copper: 0.04mg (1.93%), Vitamin B12: 0.08µg (1.25%)