



Pork Chop and Pineapple Pie



Gluten Free



Dairy Free

READY IN



510 min.

SERVINGS



1

CALORIES



416 kcal

Ingredients

- ☐ 2 slices pineapple canned per person
- ☐ 1 slice bell pepper green per person
- ☐ 1 tablespoon butter per person
- ☐ 1 pork chop boneless per person
- ☐ 1 slice onion red per person
- ☐ 1 serving salt and pepper
- ☐ 1 tablespoon teriyaki sauce per person

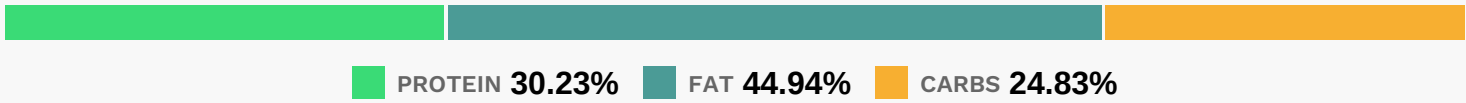
Equipment

- ☐ aluminum foil

Directions

- ☐ For each serving, lay a pork chop on a large square of heavy-duty aluminum foil. Top each chop with the onion, green pepper, and pineapple slices.
- ☐ Drizzle with the teriyaki sauce. Top with the margarine and sprinkle generously with salt and pepper. Wrap tightly in the foil, rolling ends to completely seal the package. Freeze or refrigerate.
- ☐ When ready to eat, place packages directly in coals for 15 to 20 minutes. Check to see if the pork chop is cooked through; rewrap and cook a little longer, if necessary.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.56, Inflammation Score:-8, Nutrition Score:25.434782577598%

Flavonoids

Luteolin: 4.34mg, Luteolin: 4.34mg, Luteolin: 4.34mg, Luteolin: 4.34mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg, Quercetin: 4.88mg

Nutrients (% of daily need)

Calories: 415.58kcal (20.78%), Fat: 20.87g (32.1%), Saturated Fat: 5.69g (35.56%), Carbohydrates: 25.94g (8.65%), Net Carbohydrates: 22.66g (8.24%), Sugar: 21.31g (23.68%), Cholesterol: 89.78mg (29.93%), Sodium: 1083.97mg (47.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.59g (63.17%), Vitamin C: 85.56mg (103.71%), Vitamin B1: 1.07mg (71.58%), Vitamin B6: 1.3mg (64.95%), Selenium: 45.07µg (64.39%), Vitamin B3: 11.71mg (58.56%), Phosphorus: 364.08mg (36.41%), Potassium: 866.56mg (24.76%), Vitamin B2: 0.32mg (18.75%), Magnesium: 73.64mg (18.41%), Vitamin A: 902.82IU (18.06%), Zinc: 2.35mg (15.67%), Copper: 0.28mg (13.96%), Fiber: 3.28g (13.1%), Vitamin B12: 0.72µg (12.07%), Vitamin B5: 1.13mg (11.3%), Iron: 1.63mg (9.07%), Vitamin K: 7.65µg (7.28%), Manganese: 0.14mg (7.01%), Vitamin E: 0.97mg (6.49%), Calcium: 48.54mg (4.85%), Folate: 19.04µg (4.76%), Vitamin D: 0.54µg (3.57%)