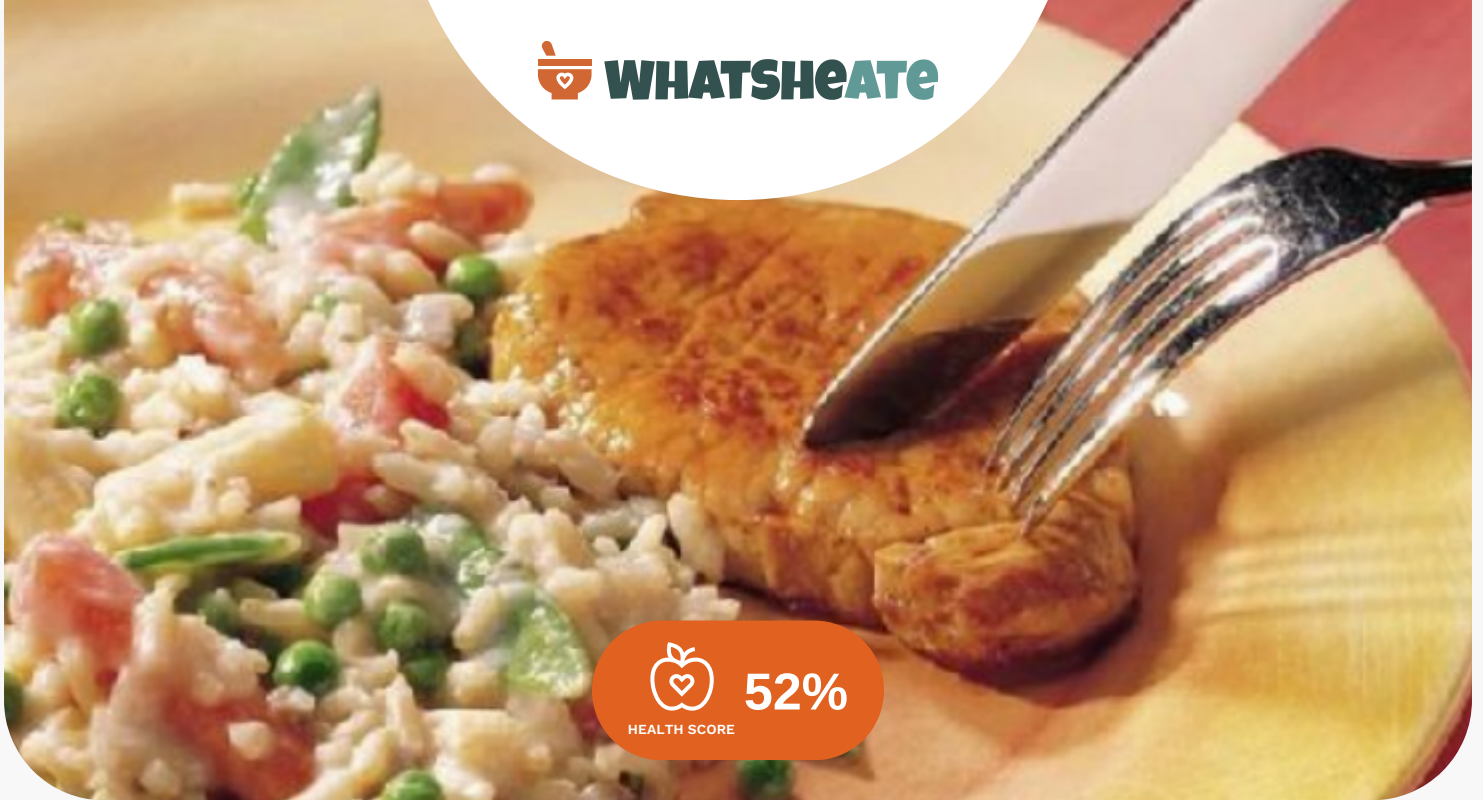




Pork Chop Dinner with Rice and Veggies



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb pork loin boneless
- ☐ 21.5 oz cream of mushroom soup reduced-fat canned
- ☐ 1 lb peas frozen thawed drained
- ☐ 1.8 cups chicken broth (from 32-oz carton)
- ☐ 2 cups quick-cooking brown rice instant uncooked

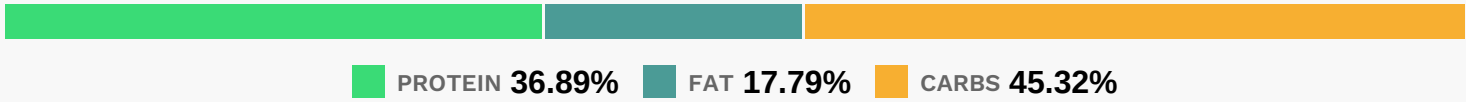
Equipment

- ☐ frying pan

Directions

- ☐ Spray 12-inch nonstick skillet with cooking spray; heat over medium heat. Cook pork in skillet about 5 minutes, turning once, until brown.
- ☐ Remove pork from skillet; keep warm.
- ☐ Heat soup, vegetables and broth to boiling in same skillet, stirring occasionally. Stir in rice; reduce heat. Cover and simmer 5 minutes.
- ☐ Top with pork. Cover and simmer about 5 minutes longer or until pork is slightly pink in center and rice is tender.

Nutrition Facts



Properties

Glycemic Index:7.39, Glycemic Load:2.92, Inflammation Score:-7, Nutrition Score:25.086087019547%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 360.99kcal (18.05%), Fat: 6.99g (10.75%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 35.01g (12.73%), Sugar: 4.6g (5.11%), Cholesterol: 65.98mg (21.99%), Sodium: 1027.48mg (44.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.61g (65.22%), Vitamin B1: 0.92mg (61.33%), Selenium: 38.47µg (54.96%), Vitamin B3: 10.08mg (50.41%), Manganese: 0.94mg (46.76%), Vitamin B6: 0.92mg (45.84%), Vitamin C: 30.24mg (36.65%), Phosphorus: 360.3mg (36.03%), Folate: 135.08µg (33.77%), Zinc: 4.21mg (28.09%), Iron: 4.19mg (23.26%), Vitamin B2: 0.39mg (22.7%), Copper: 0.45mg (22.6%), Fiber: 5.06g (20.23%), Potassium: 685.96mg (19.6%), Vitamin K: 18.78µg (17.88%), Magnesium: 61.33mg (15.33%), Vitamin A: 579.7IU (11.59%), Vitamin B5: 1.11mg (11.06%), Vitamin B12: 0.66µg (10.97%), Calcium: 36.74mg (3.67%), Vitamin D: 0.38µg (2.52%), Vitamin E: 0.26mg (1.73%)