



## Pork Chop & Hominy Bake

READY IN



45 min.

SERVINGS



45

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.8 lb pork chops bone-in
- 6 oz take southwest three cheese recipe cheese breadcrumb mix mixed fresh
- 1 Tbsp cilantro leaves fresh chopped
- 31 oz hominy undrained canned
- 1 large onion finely chopped
- 1 jalapeño pepper finely chopped
- 3 radishes thinly sliced

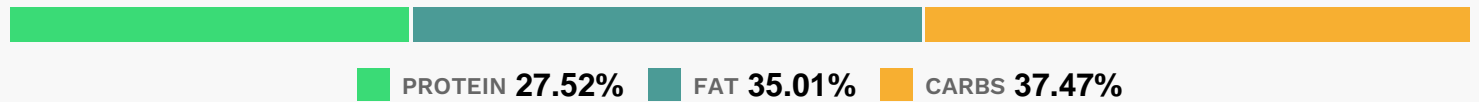
### Equipment

- oven
- baking pan

## Directions

- Heat oven to 375F.
- Combine hominy, onions and peppers in 13x9-inch baking dish.
- Top with chops; sprinkle with cheese mixture.
- Bake 35 min. or until chops are done (150F).
- Serve topped with radishes and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:2.73, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.8795652224318%

## Flavonoids

Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 48.34kcal (2.42%), Fat: 1.85g (2.85%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 4.46g (1.49%), Net Carbohydrates: 3.83g (1.39%), Sugar: 0.5g (0.56%), Cholesterol: 10.22mg (3.41%), Sodium: 89.26mg (3.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.27g (6.55%), Selenium: 5.08µg (7.25%), Vitamin B6: 0.1mg (4.87%), Vitamin B3: 0.89mg (4.44%), Vitamin B1: 0.07mg (4.42%), Phosphorus: 35.54mg (3.55%), Zinc: 0.45mg (2.97%), Fiber: 0.63g (2.51%), Iron: 0.33mg (1.82%), Potassium: 60.94mg (1.74%), Magnesium: 6.83mg (1.71%), Vitamin B2: 0.03mg (1.6%), Vitamin B5: 0.13mg (1.28%), Vitamin B12: 0.07µg (1.17%), Manganese: 0.02mg (1.1%)