

 **100%**
HEALTH SCORE

Pork Chop Veggie Medley

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



50 min.

SERVINGS



6

CALORIES



3424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounces tomatoes diced undrained canned
- 4 cups rice hot cooked
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- 10 ounces corn frozen
- 2 garlic clove minced
- 1 tablespoon olive oil
- 2 medium onion thinly sliced

- 0.3 teaspoon pepper
- 6 pork loin boneless (3/ and 4 ounces each)
- 0.5 teaspoon salt
- 0.3 cup water
- 3 small zucchini thinly sliced

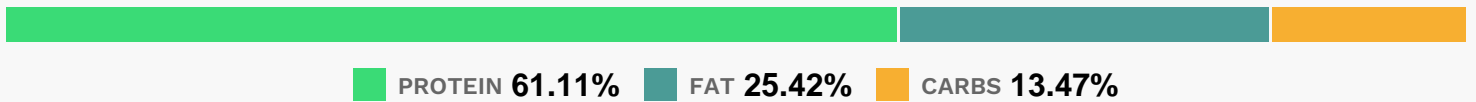
Equipment

- frying pan
- slotted spoon

Directions

- In a large nonstick skillet, saute onions and garlic in oil for 2–3 minutes.
- Add the pork chops; brown on both sides and sprinkle with salt and pepper.
- Remove chops and onions with a slotted spoon; keep warm.
- Add water to drippings; bring to a boil, scraping any browned bits from pan. Return chops and onions to pan; add the tomatoes. Bring to a boil. Reduce heat cover and simmer for 25–30 minutes or until meat is tender.
- Stir in corn and zucchini; cover and simmer for 10–15 minutes longer or until the vegetable are tender.
- Serve over rice.

Nutrition Facts



Properties

Glycemic Index:71.83, Glycemic Load:96.7, Inflammation Score:-10, Nutrition Score:67.613912748254%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.51mg, Quercetin: 8.51mg

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Nutrients (% of daily need)

Calories: 3424.02kcal (171.2%), Fat: 93.11g (143.24%), Saturated Fat: 28.11g (175.67%), Carbohydrates: 111.06g (37.02%), Net Carbohydrates: 105.89g (38.51%), Sugar: 6.35g (7.05%), Cholesterol: 1382.85mg (460.95%), Sodium: 1471.13mg (63.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 503.73g (1007.46%), Selenium: 632.67µg (903.82%), Vitamin B6: 17.25mg (862.52%), Vitamin B1: 9.94mg (662.72%), Vitamin B3: 129.42mg (647.1%), Phosphorus: 5175.59mg (517.56%), Zinc: 41.84mg (278.93%), Potassium: 8920.24mg (254.86%), Vitamin B2: 4.33mg (254.51%), Vitamin B12: 11.19µg (186.57%), Vitamin B5: 18.05mg (180.52%), Magnesium: 653.11mg (163.28%), Manganese: 2mg (100.06%), Copper: 1.66mg (82.92%), Iron: 14.42mg (80.14%), Vitamin D: 8.78µg (58.53%), Vitamin C: 29.29mg (35.51%), Vitamin E: 4.3mg (28.64%), Fiber: 5.17g (20.66%), Calcium: 204.84mg (20.48%), Folate: 60.13µg (15.03%), Vitamin K: 8.08µg (7.69%), Vitamin A: 275.96IU (5.52%)