



Pork Chops and Chile



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



6

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 jalapeño peppers seeded chopped to taste
- ☐ 3 pounds pork chops cut into 1-inch pieces
- ☐ 1 teaspoon salt to taste
- ☐ 6 large tomatoes cut into chunks
- ☐ 0.3 cup vegetable oil

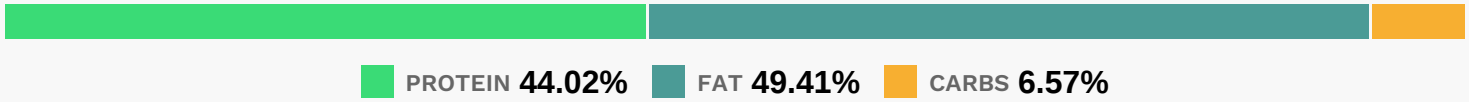
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Blend tomatoes, jalapeno peppers, and salt in a food processor until you have a slightly chunky salsa.
- ☐ Heat oil in a large skillet over high heat. Cook pork in hot oil until crispy and caramel colored, about 10 minutes.
- ☐ Pour the salsa over the pork, reduce heat to low, place a cover on the skillet, and cook until the pork pieces are tender and no longer pink in the center, about 30 minutes.
- ☐ Remove and discard any pieces of bone.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:1.94, Inflammation Score:-8, Nutrition Score:33.414782876554%

Flavonoids

Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 466.62kcal (23.33%), Fat: 25.21g (38.79%), Saturated Fat: 7g (43.75%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 5.15g (1.87%), Sugar: 5.07g (5.64%), Cholesterol: 151.95mg (50.65%), Sodium: 505.75mg (21.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.54g (101.08%), Selenium: 75.1µg (107.28%), Vitamin B1: 1.58mg (105.52%), Vitamin B3: 19.29mg (96.44%), Vitamin B6: 1.82mg (91.07%), Phosphorus: 558.06mg (55.81%), Vitamin C: 33.24mg (40.29%), Potassium: 1294.73mg (36.99%), Vitamin A: 1600.59IU (32.01%), Vitamin K: 32.38µg (30.84%), Vitamin B2: 0.46mg (27%), Zinc: 3.84mg (25.57%), Vitamin B12: 1.2µg (20.03%), Magnesium: 80.05mg (20.01%), Vitamin B5: 1.83mg (18.33%), Vitamin E: 2.27mg (15.14%), Copper: 0.24mg (11.9%), Manganese: 0.23mg (11.56%), Fiber: 2.38g (9.52%), Iron: 1.65mg (9.16%), Folate: 29.19µg (7.3%), Vitamin D: 0.91µg (6.05%), Calcium: 35.16mg (3.52%)