



## Pork Chops and Dirty Rice



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



4

CALORIES



515 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons cooking oil
- ☐ 1 ounce onion soup mix dry
- ☐ 24 ounce pork chops
- ☐ 3 cups water
- ☐ 1 cup rice white uncooked

### Equipment

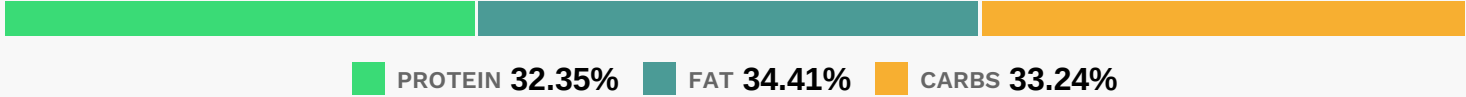
- ☐ frying pan
- ☐ oven

- ☐ casserole dish
- ☐ kitchen thermometer

## Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C).
- ☐ Heat the oil in a large skillet over medium heat; brown the pork chops on both sides.
- ☐ Remove the pork chops from the skillet, reserving the drippings in the skillet; add the onion soup mix and the water to the drippings; cook and stir until hot.
- ☐ Spread the rice evenly into the bottom of a 2 quart casserole dish.
- ☐ Lay the pork chops atop the rice.
- ☐ Pour the mixture from the skillet over the pork chops and rice; cover.
- ☐ Place covered dish in preheated oven and bake 45 minutes.
- ☐ Remove cover and bake until the pork is no longer pink in the center, another 15 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:15.3, Glycemic Load:22.26, Inflammation Score:-3, Nutrition Score:23.649130691653%

## Nutrients (% of daily need)

Calories: 515.11kcal (25.76%), Fat: 19.13g (29.44%), Saturated Fat: 4.77g (29.83%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 40.52g (14.73%), Sugar: 0.39g (0.43%), Cholesterol: 113.97mg (37.99%), Sodium: 662.02mg (28.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.48g (80.97%), Selenium: 63.64µg (90.91%), Vitamin B1: 1.19mg (79.11%), Vitamin B3: 14.43mg (72.16%), Vitamin B6: 1.35mg (67.6%), Phosphorus: 452.56mg (45.26%), Manganese: 0.56mg (28.11%), Zinc: 3.24mg (21.59%), Potassium: 738.75mg (21.11%), Vitamin B2: 0.36mg (20.99%), Vitamin B5: 1.77mg (17.66%), Magnesium: 61.81mg (15.45%), Vitamin B12: 0.9µg (15.03%), Copper: 0.25mg (12.52%), Vitamin E: 1.51mg (10.04%), Iron: 1.31mg (7.27%), Vitamin K: 5.14µg (4.89%), Vitamin D: 0.68µg (4.54%), Fiber: 1.07g (4.28%), Calcium: 40.31mg (4.03%)