



Pork Chops and Rice

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



607 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pork chops bone in
- 4 tablespoons butter
- 10 ounce beef broth plus more if needed canned
- 4 onion separated
- 0.3 teaspoon pepper
- 4 servings salt
- 1 cup rice long grain white

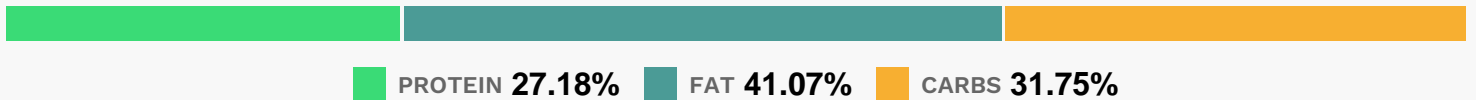
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- In a medium skillet, melt the butter over medium-low heat.
- Add the rice and saute until it is light brown, about 5 minutes.
- Spread the rice in a 9- by 13- by 2-inch casserole.
- Sprinkle the pork chops with salt and arrange them on top of the rice.
- Pour the broth and 2/3 cup water over the chops.
- Spread the onion rings over the chops and sprinkle them with the pepper. Cover the dish with aluminum foil and bake until the pork chops are tender, about 45 minutes.
- Change the oven to broil, add a bit more broth if the rice is dry and return the dish to the oven for a couple of minutes until the pork is browned.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:24.55, Inflammation Score:-7, Nutrition Score:24.559130311012%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg, Quercetin: 22.33mg

Nutrients (% of daily need)

Calories: 606.62kcal (30.33%), Fat: 27.24g (41.9%), Saturated Fat: 12.48g (77.99%), Carbohydrates: 47.37g (15.79%), Net Carbohydrates: 44.86g (16.31%), Sugar: 4.73g (5.25%), Cholesterol: 147.05mg (49.02%), Sodium:

647.42mg (28.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.55g (81.1%), Selenium: 65.47µg (93.52%), Vitamin B6: 1.4mg (69.86%), Vitamin B3: 12.65mg (63.23%), Vitamin B1: 0.91mg (60.49%), Phosphorus: 452.11mg (45.21%), Manganese: 0.68mg (34.02%), Zinc: 3.71mg (24.71%), Potassium: 838.51mg (23.96%), Vitamin B2: 0.39mg (23.09%), Vitamin B5: 1.83mg (18.29%), Magnesium: 66.85mg (16.71%), Vitamin B12: 0.97µg (16.2%), Copper: 0.25mg (12.66%), Iron: 1.81mg (10.03%), Fiber: 2.5g (10.01%), Vitamin C: 8.14mg (9.87%), Calcium: 78.74mg (7.87%), Vitamin A: 362.91IU (7.26%), Folate: 26.46µg (6.61%), Vitamin D: 0.85µg (5.65%), Vitamin E: 0.6mg (4.02%), Vitamin K: 1.67µg (1.59%)