

health-score 58%

HEALTH SCORE

Pork Chops Capri

☒ Gluten Free ☒ Dairy Free

READY IN

ready

75 min.

SERVINGS

servings

4

CALORIES

calories

397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 0.3 teaspoon garlic powder
- ☐ 29 ounce cut green beans drained canned
- ☐ 4 ounce mushrooms drained sliced
- ☐ 1.5 tablespoons pepper sauce hot
- ☐ 4 pork chops boneless lean
- ☐ 1.5 teaspoons rosemary
- ☐ 4 servings salt and pepper to taste

- ☐ 1 teaspoon sugar
- ☐ 23 ounce sacramento tomato juice canned
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water
- ☐ 2 tablespoons citrus champagne vinegar

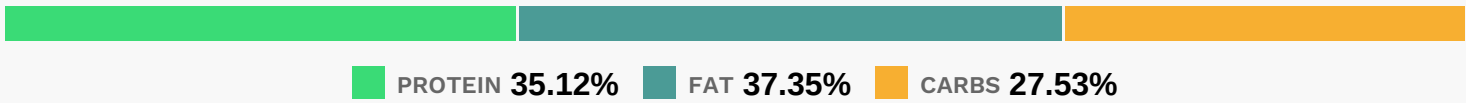
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium heat, and brown the pork chops on both sides. Season with rosemary and garlic powder. In a bowl, mix the water, vinegar, sugar, and bay leaf.
- ☐ Pour over the pork chops. Reduce heat to low, cover, and cook 10 minutes.
- ☐ Pour the tomato juice into the skillet, and mix in the hot pepper sauce. Season pork chops with salt and pepper. Cover, and continue cooking pork 35 minutes, to an internal temperature of 145 degrees F (63 degrees C).
- ☐ Remove the bay leaf from the skillet. Stir the green beans and mushrooms into the tomato juice mixture, and cook until heated through. Top pork chops with green beans and mushrooms, and cover with the tomato juice mixture to serve.

Nutrition Facts



Properties

Glycemic Index:65.27, Glycemic Load:8.29, Inflammation Score:-9, Nutrition Score:39.54999978646%

Flavonoids

Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 396.56kcal (19.83%), Fat: 17.14g (26.36%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 28.41g (9.47%), Net Carbohydrates: 19.43g (7.07%), Sugar: 15.5g (17.22%), Cholesterol: 89.78mg (29.93%), Sodium: 618.1mg (26.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.25g (72.5%), Vitamin K: 109.64µg (104.42%), Vitamin B1: 1.21mg (80.69%), Vitamin B6: 1.55mg (77.42%), Vitamin B3: 15.24mg (76.21%), Selenium: 49.26µg (70.37%), Vitamin C: 44.39mg (53.8%), Phosphorus: 459.45mg (45.95%), Potassium: 1514mg (43.26%), Vitamin B2: 0.67mg (39.12%), Manganese: 0.78mg (38.8%), Fiber: 8.98g (35.94%), Vitamin A: 1784.63IU (35.69%), Copper: 0.61mg (30.68%), Magnesium: 122.48mg (30.62%), Iron: 5.14mg (28.56%), Vitamin E: 3.62mg (24.14%), Folate: 94.38µg (23.59%), Vitamin B5: 2.32mg (23.21%), Zinc: 3.18mg (21.18%), Calcium: 144.4mg (14.44%), Vitamin B12: 0.72µg (12.03%), Vitamin D: 0.59µg (3.95%)