

Pork Chops in Green Mole Sauce

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 oz philadelphia cream cheese cubed ()
- 0.3 cup cilantro leaves fresh divided
- 0.5 cup 1/2 cup kraft zesty italian dressing italian divided kraft
- 1 large onion sliced
- 2 lb pork chops boneless
- 3 oz pumpkin seeds toasted
- 1 lb tomatillos cleaned coarsely chopped
- 0.3 cup water

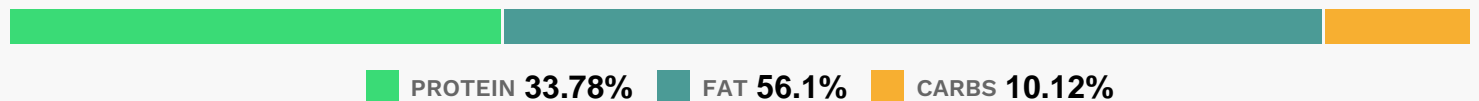
Equipment

- frying pan
- blender

Directions

- Blend 1/4 cup dressing, water, tomatillos, pumpkin seeds and 1/4 cup cilantro in blender until smooth; set aside.
- Heat 2 Tbsp. of the remaining dressing in large skillet on medium-high heat.
- Add chops; cook 5 to 7 min. or until browned on both sides, turning after 4 min.
- Remove from skillet; cover to keep warm.
- Add remaining dressing and onions to skillet; cook 2 to 3 min. or until onions are tender. Return chops to skillet; cover with tomatillo mixture. Bring to boil; cover. Cook on medium-low heat 10 to 12 min. or until chops are done (145F).
- Remove chops from skillet, reserving sauce in skillet; cover chops to keep warm.
- Stir cream cheese into sauce; cook, uncovered, 3 min. or until cream cheese is melted and sauce is well blended, stirring frequently. Spoon over chops; sprinkle with remaining cilantro.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:20.579565162244%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 345.85kcal (17.29%), Fat: 21.66g (33.32%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 6.73g (2.45%), Sugar: 5.3g (5.89%), Cholesterol: 90.29mg (30.1%), Sodium: 247.52mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.35g (58.7%), Selenium: 40.43µg (57.76%), Vitamin B1: 0.83mg (55.04%), Vitamin B3: 10.7mg (53.49%), Vitamin B6: 0.91mg (45.55%), Phosphorus: 432.6mg (43.26%),

Manganese: 0.61mg (30.54%), Magnesium: 107.89mg (26.97%), Potassium: 722.83mg (20.65%), Zinc: 2.83mg (18.87%), Vitamin B2: 0.28mg (16.74%), Vitamin K: 17.17µg (16.35%), Copper: 0.27mg (13.32%), Vitamin B5: 1.1mg (10.97%), Iron: 1.96mg (10.9%), Vitamin B12: 0.63µg (10.54%), Vitamin C: 8.46mg (10.26%), Fiber: 2.05g (8.21%), Vitamin E: 1.06mg (7.06%), Vitamin A: 311.89IU (6.24%), Folate: 15.39µg (3.85%), Calcium: 37.44mg (3.74%), Vitamin D: 0.45µg (3.02%)