



## Pork Chops Mexicana

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



21 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cilantro leaves chopped
- 0.1 tsp ground cinnamon
- 0.5 cup planters cocktail peanuts finely chopped
- 1 lb pork chops boneless
- 1.3 cups taco bellâ® & chunky salsa thick
- 1 tsp cocoa powder unsweetened

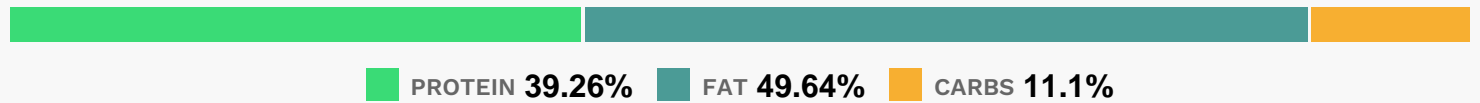
### Equipment

- frying pan

## Directions

- Cook chops in large nonstick skillet sprayed with cooking spray on medium-high heat 2 to 3 min. on each side or until browned on both sides.
- Combine salsa, peanuts, cocoa and cinnamon; spoon over chops. Simmer on medium-low heat 5 min. or until chops are done and sauce is thickened, turning chops over and stirring sauce after 3 min.
- Top with cilantro.

## Nutrition Facts



## Properties

Glycemic Index:12.81, Glycemic Load:0.17, Inflammation Score:-6, Nutrition Score:20.785217336986%

## Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 304.36kcal (15.22%), Fat: 17.12g (26.33%), Saturated Fat: 4.21g (26.32%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 5.25g (1.91%), Sugar: 3.11g (3.46%), Cholesterol: 75.98mg (25.33%), Sodium: 591.97mg (25.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.91%), Vitamin B3: 12.89mg (64.46%), Vitamin B1: 0.91mg (60.59%), Selenium: 39.63µg (56.61%), Vitamin B6: 1.03mg (51.58%), Phosphorus: 355.46mg (35.55%), Manganese: 0.61mg (30.48%), Potassium: 777.74mg (22.22%), Magnesium: 77.54mg (19.38%), Zinc: 2.33mg (15.54%), Vitamin B2: 0.26mg (15.45%), Copper: 0.29mg (14.63%), Fiber: 3.36g (13.44%), Vitamin B5: 1.32mg (13.18%), Folate: 47.75µg (11.94%), Vitamin B12: 0.6µg (10.02%), Iron: 1.68mg (9.34%), Vitamin A: 462.26IU (9.25%), Vitamin E: 1.17mg (7.77%), Vitamin K: 6.54µg (6.23%), Calcium: 51.84mg (5.18%), Vitamin D: 0.45µg (3.02%), Vitamin C: 1.82mg (2.2%)