



## Pork Chops Parmigiana

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 Tbsp basil dried fresh chopped
- 8 oz mushrooms fresh sliced
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 tsp oil
- 1 onion chopped
- 0.3 cup parmesan cheese grated kraft
- 24 oz classico family favorites pasta sauce traditional
- 1 lb pork chops boneless

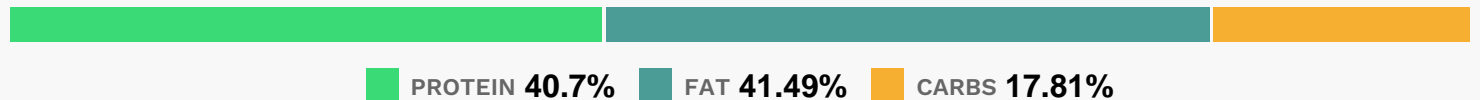
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 350F.
- Heat oil in large nonstick skillet on medium-high heat.
- Add chops; cook 2 min. on each side.
- Transfer to 13x9-inch baking dish, reserving drippings in skillet; sprinkle chops with Parmesan.
- Add vegetables to drippings in skillet; cook and stir 5 to 6 min. or until tender. Stir in pasta sauce and basil.
- Pour sauce over chops.
- Bake 15 min. or until chops are done (145F). Top with mozzarella; lry stand 3 min or until cheese is melted.

## Nutrition Facts



## Properties

Glycemic Index:26, Glycemic Load:3.89, Inflammation Score:-8, Nutrition Score:32.815652225329%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 365.25kcal (18.26%), Fat: 17.2g (26.45%), Saturated Fat: 6.93g (43.29%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 11.75g (4.27%), Sugar: 8.72g (9.69%), Cholesterol: 99.33mg (33.11%), Sodium: 1149.89mg (50%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.95g (75.9%), Selenium: 50.29µg (71.84%), Vitamin B3:

13.02mg (65.11%), Vitamin K: 64.9µg (61.81%), Vitamin B1: 0.87mg (57.68%), Vitamin B6: 1.15mg (57.59%), Phosphorus: 537.45mg (53.75%), Vitamin B2: 0.7mg (41.33%), Calcium: 389.59mg (38.96%), Potassium: 1272.4mg (36.35%), Iron: 5.66mg (31.45%), Manganese: 0.59mg (29.55%), Copper: 0.53mg (26.53%), Zinc: 3.76mg (25.04%), Magnesium: 95.47mg (23.87%), Vitamin B5: 2.3mg (23.03%), Vitamin E: 3.43mg (22.89%), Fiber: 4.86g (19.43%), Vitamin A: 955.46IU (19.11%), Vitamin C: 15.16mg (18.38%), Vitamin B12: 0.94µg (15.63%), Folate: 43.53µg (10.88%), Vitamin D: 0.68µg (4.55%)