






 15%
HEALTH SCORE

Pork Chops Teriyaki

 **Gluten Free**  **Dairy Free**

READY IN

35 min.

SERVINGS

4

CALORIES

402 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 4 servings rice hot cooked
- 2 cloves garlic minced
- 2 spring onion chopped
- 1 tablespoon olive oil
- 8 ounce pineapple chunks drained canned
- 16 ounce pork chops boneless
- 2 tablespoons teriyaki sauce

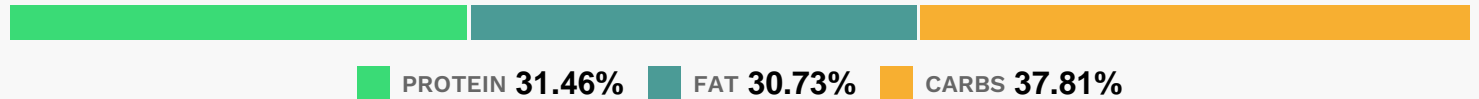
Equipment

- frying pan

Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the pork and cook until well browned on both sides.
- Remove the pork from the skillet.
- Add the garlic and onions to the skillet and cook and stir for 1 minute. Stir in the soup, pineapple juice and teriyaki sauce and heat to a boil. Cook for 5 minutes or until the soup mixture is slightly reduced.
- Return the pork to the skillet. Reduce the heat to low. Stir in the pineapple. Cook for 5 minutes or until the pork is cooked through.
- Serve the pork and sauce with the rice.
- Sprinkle with additional sliced green onion, if desired.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:24.14, Inflammation Score:-4, Nutrition Score:19.85043489933%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 402.07kcal (20.1%), Fat: 13.5g (20.77%), Saturated Fat: 4.24g (26.53%), Carbohydrates: 37.38g (12.46%), Net Carbohydrates: 35.98g (13.08%), Sugar: 9.55g (10.61%), Cholesterol: 79.79mg (26.6%), Sodium: 941.96mg (40.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.1g (62.19%), Selenium: 44.03µg (62.91%), Vitamin B1: 0.85mg (56.95%), Vitamin B3: 10.38mg (51.89%), Vitamin B6: 1mg (50.05%), Phosphorus: 334.69mg (33.47%), Manganese: 0.64mg (32.2%), Zinc: 3.09mg (20.6%), Potassium: 659.79mg (18.85%), Copper: 0.35mg (17.48%), Vitamin B2: 0.29mg (17.08%), Magnesium: 59.87mg (14.97%), Vitamin K: 14.95µg (14.24%), Vitamin B5: 1.31mg

(13.09%), Vitamin B12: 0.72µg (12.05%), Iron: 1.7mg (9.47%), Vitamin C: 6.93mg (8.39%), Fiber: 1.4g (5.61%), Vitamin E: 0.73mg (4.86%), Folate: 15.14µg (3.79%), Calcium: 37.28mg (3.73%), Vitamin D: 0.45µg (3.02%), Vitamin A: 92.84IU (1.86%)