



Pork Chops with Chunky Tomato Sauce

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

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons bottled garlic minced
- 14.5 ounce canned tomatoes diced drained canned
- 1 teaspoon chili powder
- 2 teaspoons cider vinegar
- 16 ounce whole-kernel corn frozen thawed
- 0.5 cup green onions chopped
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground cumin

- 2 tablespoons pickled jalapeño pepper finely chopped
- 1 teaspoon oregano dried
- 24 ounce center-cut pork chops lean (3/)
- 1.5 cups bell pepper red chopped
- 1 teaspoon vegetable oil

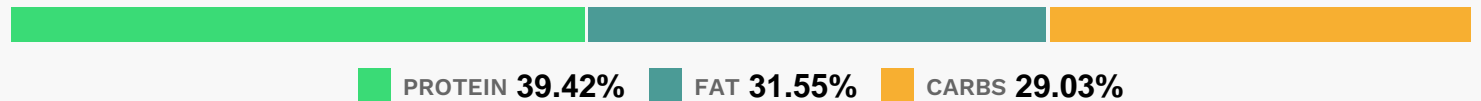
Equipment

- frying pan

Directions

- Combine first 4 ingredients; stir well. Rub cumin mixture over both sides of chops.
- Heat oil in a large nonstick skillet over medium-high heat until hot.
- Add pork chops; cook 3 minutes on each side or until browned.
- Add remaining ingredients (except parsley), scraping pan to loosen browned bits.
- Cover, reduce heat, and simmer 45 minutes or until pork is tender.
- Garnish with parsley sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:38.528695728468%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 416.36kcal (20.82%), Fat: 15.05g (23.16%), Saturated Fat: 4.73g (29.59%), Carbohydrates: 31.18g (10.39%), Net Carbohydrates: 24.57g (8.93%), Sugar: 12.64g (14.04%), Cholesterol: 113.97mg (37.99%), Sodium: 464.39mg (20.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.32g (84.64%), Vitamin C: 95.66mg (115.95%), Vitamin B1: 1.31mg (87.26%), Vitamin B6: 1.71mg (85.65%), Vitamin B3: 16.83mg (84.14%), Selenium: 58.63µg

(83.76%), Phosphorus: 503.32mg (50.33%), Vitamin A: 2398IU (47.96%), Vitamin K: 41.34µg (39.37%), Potassium: 1304.19mg (37.26%), Vitamin B2: 0.55mg (32.14%), Manganese: 0.6mg (30.14%), Fiber: 6.61g (26.42%), Zinc: 3.6mg (23.99%), Magnesium: 95.3mg (23.83%), Folate: 92.58µg (23.15%), Vitamin B5: 2.17mg (21.75%), Vitamin E: 3.23mg (21.52%), Iron: 3.65mg (20.28%), Copper: 0.37mg (18.63%), Vitamin B12: 0.9µg (15.03%), Calcium: 90.08mg (9.01%), Vitamin D: 0.68µg (4.54%)