



## Pork Chops with Green Beans and Rice

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp apricot preserves
- 14 oz chicken broth canned
- 0.5 lb green beans fresh trimmed
- 1.5 cups rice white instant uncooked
- 6 Tbsp 6 tbsp. kraft zesty italian dressing italian kraft
- 1.5 lb pork loin center chops bone-in

### Equipment

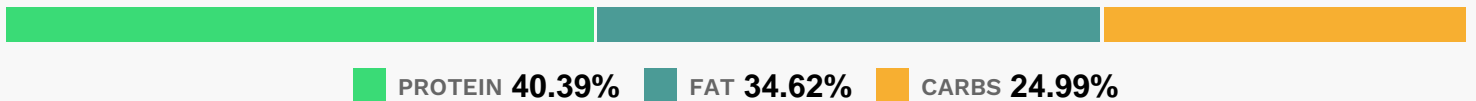
- bowl

- whisk
- grill
- aluminum foil

## Directions

- Heat grill to medium-high heat.
- Whisk dressing and jam until blended.
- Remove 2 Tbsp. dressing mixture; brush evenly onto chops.
- Let stand 10 min.
- Meanwhile, spoon rice onto center of large sheet heavy-duty foil; top with beans. Bring up foil sides to form bowl. Gradually pour broth and remaining dressing mixture over beans. Fold foil to make packet.
- Place chops and foil packet on grill grate. Grill 15 min. or until chops are done (1450F) and most the liquid in foil packet is absorbed.
- Remove chops and packet from grill.
- Let stand 3 min. before serving.
- Cut slits in foil to release steam before opening packet.

## Nutrition Facts



## Properties

Glycemic Index:1.31, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:3.9434782733088%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 75.94kcal (3.8%), Fat: 2.85g (4.39%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.38g (1.59%), Sugar: 0.98g (1.09%), Cholesterol: 18.69mg (6.23%), Sodium: 90.23mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.97%), Selenium: 10µg (14.29%), Vitamin B1: 0.17mg

(11.31%), Vitamin B3: 2.13mg (10.67%), Vitamin B6: 0.18mg (8.91%), Phosphorus: 68.51mg (6.85%), Zinc: 0.66mg (4.37%), Vitamin K: 4.46µg (4.25%), Vitamin B12: 0.22µg (3.61%), Vitamin B2: 0.06mg (3.25%), Folate: 12.51µg (3.13%), Iron: 0.56mg (3.09%), Potassium: 107.52mg (3.07%), Manganese: 0.05mg (2.64%), Magnesium: 9.52mg (2.38%), Vitamin B5: 0.17mg (1.72%), Copper: 0.03mg (1.46%), Vitamin A: 68.81IU (1.38%), Vitamin C: 0.9mg (1.09%)