



WHATSheATE



Pork Chops with Green Chile Corn



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



377 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 lb pork loin chops bone-in
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.5 cup onion red chopped
- ☐ 1.5 cups corn frozen
- ☐ 4 oz chilis green undrained chopped canned
- ☐ 0.3 cup water
- ☐ 1 tablespoon worcestershire sauce

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.8 cup tomatoes seeded chopped

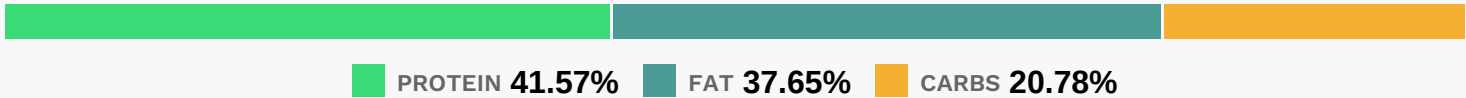
Equipment

- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ In 12-inch nonstick skillet, heat oil over medium-high heat.
- ☐ Sprinkle pork chops with seasoned salt. Cook pork in oil 3 to 4 minutes or until brown on both sides.
- ☐ Remove pork from skillet.
- ☐ Add onion, corn and chiles to skillet. Cook 2 to 3 minutes over medium heat, stirring occasionally, just until mixture is thoroughly heated.
- ☐ Stir in water, Worcestershire sauce and thyme.
- ☐ Place pork in skillet, pressing into vegetable mixture. Cover; cook 10 to 15 minutes, turning pork and stirring vegetables occasionally, until pork is no longer pink and meat thermometer inserted in center reads 160°F.
- ☐ Remove pork from skillet. Stir tomato into corn mixture; cook and stir 1 minute.
- ☐ Serve corn mixture with pork.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.71, Inflammation Score:-7, Nutrition Score:25.17086946446%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Myricetin: 0.04mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 376.85kcal (18.84%), Fat: 15.84g (24.38%), Saturated Fat: 4.79g (29.91%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 16.75g (6.09%), Sugar: 2.01g (2.23%), Cholesterol: 113.97mg (37.99%), Sodium: 546.18mg (23.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.37g (78.74%), Vitamin B1: 1.22mg (81.58%), Selenium: 57µg (81.43%), Vitamin B3: 15.03mg (75.14%), Vitamin B6: 1.43mg (71.35%), Phosphorus: 456.69mg (45.67%), Potassium: 979.4mg (27.98%), Vitamin C: 20.41mg (24.74%), Vitamin B2: 0.4mg (23.24%), Zinc: 3.19mg (21.28%), Magnesium: 71.34mg (17.84%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.49mg (14.92%), Folate: 48.5µg (12.13%), Fiber: 2.92g (11.7%), Iron: 2.04mg (11.32%), Manganese: 0.17mg (8.62%), Copper: 0.16mg (8.18%), Vitamin K: 8.58µg (8.17%), Vitamin A: 293.35IU (5.87%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.66mg (4.38%), Calcium: 38.17mg (3.82%)