



## Pork Chops with Mexican Rice

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 lb pork chops bone-in
- 1 tsp canola oil
- 1 tsp chili powder
- 1 tsp ground cumin
- 4 oz milk velveeta® 2% divided cut into 1/2-inch cubes,
- 0.5 cup taco bell® & chunky salsa thick divided
- 1.8 cups water
- 0.8 cup rice long-grain white uncooked

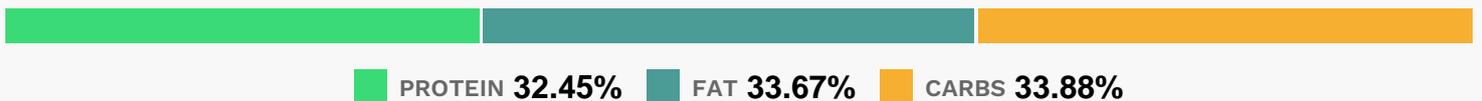
## Equipment

- bowl
- frying pan
- microwave

## Directions

- Sprinkle chops with seasonings.
- Heat oil in large nonstick skillet on medium heat.
- Add chops, seasoned–sides down. Cook 5 min. on each side or just until browned on both sides and done (145F).
- Transfer to plate; cover to keep warm.
- Add rice to same skillet; cook and stir 1 min.
- Add water; bring to boil. Cover; simmer on medium–low heat 15 min. or until most of liquid is absorbed. Stir in half each of the salsa and VELVEETA; top with chops. Simmer, covered, 5 min. or until liquid is absorbed. Meanwhile, microwave remaining salsa and VELVEETA in microwaveable bowl on HIGH 30 to 40 sec. or until VELVEETA is melted; stir until blended.
- Serve chops over rice; top with VELVEETA sauce.

## Nutrition Facts



## Properties

Glycemic Index:2.32, Glycemic Load:1.53, Inflammation Score:-1, Nutrition Score:1.6604347727869%

## Nutrients (% of daily need)

Calories: 34.1kcal (1.71%), Fat: 1.25g (1.92%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.71g (0.99%), Sugar: 0.24g (0.27%), Cholesterol: 8.13mg (2.71%), Sodium: 27.82mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.42%), Selenium: 4.39µg (6.27%), Vitamin B6: 0.09mg (4.61%), Vitamin B3: 0.84mg (4.22%), Vitamin B1: 0.06mg (4%), Phosphorus: 31.12mg (3.11%), Manganese: 0.04mg (2.01%), Zinc: 0.26mg (1.71%), Vitamin B2: 0.03mg (1.65%), Potassium: 55.64mg (1.59%), Vitamin B5: 0.13mg (1.27%), Vitamin B12: 0.07µg (1.23%), Magnesium: 4.69mg (1.17%)