



Pork Chops with Pan Roasted Walnuts & Vegetables

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups cherry tomatoes cut in half
- 2 cups green beans trimmed cut into 1-inch pieces
- 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- 2 tsp penzey's southwest seasoning dried italian
- 0.5 cup monterrey jack cheese shredded kraft
- 1 lb pork chops boneless
- 0.8 cup planters walnut pieces

0.3 water

Equipment

bowl

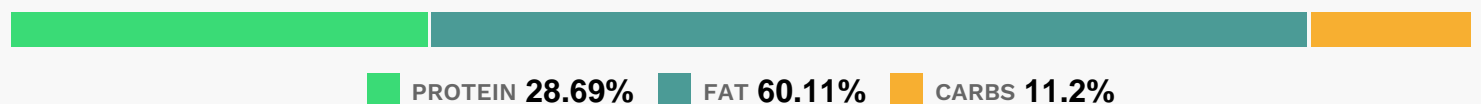
frying pan

ziploc bags

Directions

- Place chops, 1/4 cup of the dressing and seasoning in resealable plastic bag or bowl; turning to coat chops. Refrigerate 10 min. to marinate.
- Remove pork chops from marinade; discard marinade. Cook chops in large skillet on medium heat 4 min. on each side.
- Remove from skillet; keep warm.
- Heat walnuts in skillet on medium heat 3 min., stirring constantly.
- Add remaining dressing, green beans and tomatoes; cover. Cook 3 min.
- Pour water into skillet; stir. Return chops to skillet; cook until temperature reaches 160F.
- Sprinkle with cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.27, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:3.6278261036977%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 60.24kcal (3.01%), Fat: 4.11g (6.32%), Saturated Fat: 0.99g (6.21%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.86g (0.95%), Cholesterol: 11.81mg (3.94%), Sodium: 46.12mg (2.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Vitamin B1: 0.12mg (8.1%), Selenium: 5.57µg (7.96%), Vitamin B6: 0.15mg (7.4%), Vitamin B3: 1.36mg (6.79%), Manganese: 0.13mg (6.71%), Phosphorus: 58.79mg (5.88%), Vitamin K: 5.77µg (5.49%), Vitamin C: 3.21mg (3.89%), Copper: 0.07mg (3.47%), Potassium: 111.65mg (3.19%), Magnesium: 12.24mg (3.06%), Vitamin B2: 0.05mg (2.95%), Zinc: 0.42mg (2.79%), Calcium: 24.04mg (2.4%), Vitamin A: 117.83IU (2.36%), Fiber: 0.51g (2.06%), Iron: 0.37mg (2.05%), Folate: 7.2µg (1.8%), Vitamin B5: 0.16mg (1.61%), Vitamin B12: 0.1µg (1.6%), Vitamin E: 0.21mg (1.4%)