



Pork Chops With Rice and Beans

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

READY IN



30 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apple cider vinegar
- 2 pounds pork chops boneless bone-in thin
- 15 ounce black beans rinsed drained canned (not or)
- 8 ounce tomato sauce canned
- 6 cloves garlic chopped
- 1 bell pepper diced green
- 2 teaspoons ground cumin
- 4 servings kosher salt and pepper freshly ground

- 2 tablespoons olive oil extra-virgin
- 1 onion diced
- 1 cup converted rice white instant (parboiled, not)

Equipment

- bowl
- frying pan
- pot
- aluminum foil
- broiler
- broiler pan

Directions

- Preheat the broiler.
- Heat the olive oil in a medium pot over medium-high heat.
- Add the bell pepper, onion, garlic, cumin, salt and pepper and cook until slightly soft, about 3 minutes.
- Add the tomato sauce and 1/2 cup water and bring to a simmer.
- Set aside about half of the tomato sauce mixture in a bowl.
- Add 3/4 cup more water and the rice to the pot and bring to a boil.
- Add the beans and their liquid, stir and reduce the heat to low. Cover and cook, undisturbed, until the rice is tender, about 15 minutes.
- Remove from the heat and let sit, covered, 5 more minutes.
- Meanwhile, pierce the pork chops with a fork and rub with the vinegar, and salt and pepper to taste. Arrange on a foil-lined broiler pan.
- Pour the reserved tomato mixture over the pork chops and turn to coat. Broil, without turning, until golden brown, about 8 minutes.
- Fluff the rice and beans with a fork. Season with salt and pepper. Divide the pork chops and rice and beans among plates and drizzle with the broiler-pan juices.
- Photograph by Antonis Achilleos

Nutrition Facts

PROTEIN 28.62% FAT 32.4% CARBS 38.98%

Properties

Glycemic Index:54.55, Glycemic Load:24.33, Inflammation Score:-7, Nutrition Score:34.02565261592%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 658.4kcal (32.92%), Fat: 23.47g (36.1%), Saturated Fat: 6.29g (39.32%), Carbohydrates: 63.51g (21.17%), Net Carbohydrates: 53.55g (19.47%), Sugar: 4.04g (4.48%), Cholesterol: 117.37mg (39.12%), Sodium: 971.41mg (42.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.64g (93.28%), Selenium: 67.03µg (95.76%), Vitamin B6: 1.54mg (76.76%), Vitamin B1: 1.06mg (70.98%), Vitamin B3: 13.47mg (67.36%), Phosphorus: 564.91mg (56.49%), Manganese: 1.01mg (50.68%), Vitamin C: 34.27mg (41.54%), Fiber: 9.96g (39.84%), Potassium: 1263.44mg (36.1%), Vitamin B2: 0.53mg (31.33%), Zinc: 4.4mg (29.34%), Magnesium: 110.5mg (27.63%), Iron: 4.95mg (27.52%), Copper: 0.53mg (26.56%), Vitamin B5: 2.13mg (21.27%), Folate: 82.09µg (20.52%), Vitamin B12: 0.9µg (15.03%), Vitamin E: 2.23mg (14.88%), Calcium: 117.62mg (11.76%), Vitamin K: 8.29µg (7.9%), Vitamin A: 383.7IU (7.67%), Vitamin D: 0.85µg (5.67%)