



Pork Chops with Stewed Tomatoes

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

READY IN



105 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce canned tomatoes with juice canned
- 10 ounces mushrooms fresh sliced
- 10 ounces mushrooms fresh sliced
- 1 onion
- 4 pork chops thick cut boneless
- 4 servings salt and pepper to taste

Equipment

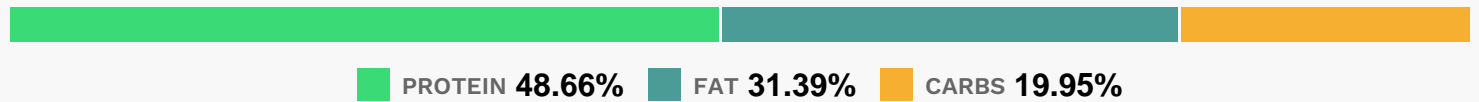
- oven

casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut the onion into thick slices and arrange them on the bottom of a casserole dish.
- Lay the pork chops over the onions. Season the chops with salt and pepper to taste.
- Cover the chops with the mushrooms and pour the stewed tomatoes over all.
- Bake, covered, at 350 degrees F (175 degrees C) for 1 hour.
- Remove cover and bake for 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:3.62, Inflammation Score:-5, Nutrition Score:28.913478333017%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 281.64kcal (14.08%), Fat: 10.09g (15.52%), Saturated Fat: 3.41g (21.28%), Carbohydrates: 14.42g (4.81%), Net Carbohydrates: 10.65g (3.87%), Sugar: 8.34g (9.26%), Cholesterol: 89.78mg (29.93%), Sodium: 397.27mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.19g (70.37%), Vitamin B3: 17.07mg (85.33%), Selenium: 58.27µg (83.24%), Vitamin B1: 1.1mg (73.04%), Vitamin B6: 1.3mg (65.1%), Vitamin B2: 0.88mg (51.57%), Phosphorus: 464.47mg (46.45%), Potassium: 1281.49mg (36.61%), Copper: 0.72mg (35.91%), Vitamin B5: 3.41mg (34.06%), Zinc: 3.13mg (20.86%), Magnesium: 70.2mg (17.55%), Vitamin C: 14.14mg (17.14%), Iron: 2.73mg (15.16%), Fiber: 3.77g (15.08%), Manganese: 0.29mg (14.68%), Vitamin B12: 0.77µg (12.78%), Folate: 42.22µg (10.56%), Vitamin E: 1.43mg (9.56%), Vitamin D: 0.82µg (5.46%), Calcium: 53.81mg (5.38%), Vitamin K: 5.37µg (5.11%), Vitamin A: 219.24IU (4.38%)