



Quick BBQ Pork & Cheesy Potatoes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 1 cup three cheese shredded with a touch of philadelphia kraft
- 1 clove garlic minced
- 2 cups potatoes hot instant prepared mashed
- 1 Tbsp oil
- 1 onion thinly sliced cut in half,
- 1 lb pork tenderloin
- 0.5 cup heinz tomato ketchup

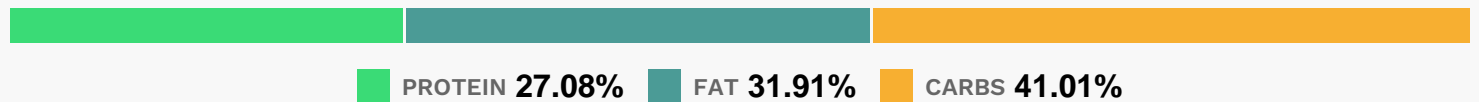
Equipment

frying pan

Directions

- Cut meat into 8 slices; pound to 1/2-inch thickness.
- Heat oil in large skillet on medium heat.
- Add onions; cook 4 to 5 min. or until crisp-tender, stirring occasionally. Stir in barbecue sauce, ketchup and garlic; cook 4 to 5 min. or until slightly thickened, stirring occasionally.
- Add meat; turn to evenly coat with sauce. Cover; simmer 5 min. or until done.
- Mix potatoes and cheese.
- Serve with meat.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:26.206521780595%

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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg, Quercetin: 5.85mg

Nutrients (% of daily need)

Calories: 492.39kcal (24.62%), Fat: 17.52g (26.95%), Saturated Fat: 7.1g (44.4%), Carbohydrates: 50.66g (16.89%), Net Carbohydrates: 47.79g (17.38%), Sugar: 20.53g (22.82%), Cholesterol: 101.96mg (33.99%), Sodium: 916.47mg (39.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.46g (66.91%), Vitamin B1: 1.44mg (96.26%), Selenium: 47.29µg (67.56%), Vitamin B6: 1.23mg (61.4%), Vitamin B3: 10.07mg (50.35%), Phosphorus: 475.81mg (47.58%), Vitamin B2: 0.62mg (36.34%), Vitamin C: 28.01mg (33.96%), Potassium: 1007.2mg (28.78%), Calcium: 238.61mg (23.86%), Zinc: 3.53mg (23.56%), Vitamin B5: 1.8mg (18.01%), Magnesium: 69.53mg (17.38%), Vitamin B12: 0.89µg (14.82%), Vitamin E: 1.81mg (12.09%), Fiber: 2.88g (11.5%), Copper: 0.22mg (11.14%), Iron: 1.91mg (10.62%), Vitamin A: 523.23IU (10.46%), Manganese: 0.19mg (9.49%), Folate: 28.4µg (7.1%), Vitamin K: 7.45µg (7.09%), Vitamin D: 0.51µg (3.4%)