



Quick Glazed Pork & Rice Skillet



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups chicken stock see swanson®
- ☐ 2 cups rice white instant uncooked
- ☐ 1 tablespoon mustard dijon-style
- ☐ 0.8 cup orange marmalade
- ☐ 4 pork chops boneless

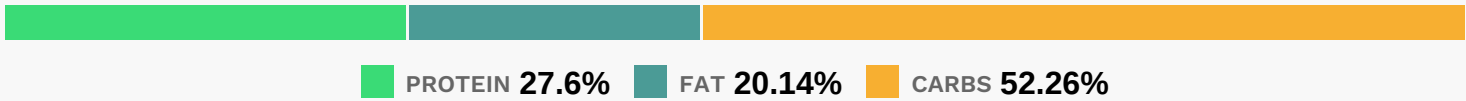
Equipment

- ☐ frying pan

Directions

- ☐ Cook the pork in a 12-inch nonstick skillet over medium-high heat until it's well browned on both sides.
- ☐ Remove the pork from the skillet. Stir the stock, preserves and mustard in the skillet and heat to a boil. Reduce the heat to low. Stir in the rice. Return the pork to the skillet. Cover and cook for 10 minutes or until the pork is cooked through and the rice is tender.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:25.365217330663%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 545.54kcal (27.28%), Fat: 12.08g (18.58%), Saturated Fat: 3.94g (24.63%), Carbohydrates: 70.52g (23.51%), Net Carbohydrates: 69.41g (25.24%), Sugar: 22.17g (24.63%), Cholesterol: 95.18mg (31.73%), Sodium: 385.01mg (16.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.25g (74.49%), Selenium: 66.47µg (94.96%), Vitamin B1: 1.36mg (90.8%), Vitamin B3: 16.6mg (82.99%), Vitamin B6: 1.15mg (57.33%), Phosphorus: 407.56mg (40.76%), Folate: 127.96µg (31.99%), Vitamin B2: 0.43mg (25.01%), Manganese: 0.47mg (23.32%), Iron: 4.03mg (22.41%), Potassium: 740.21mg (21.15%), Zinc: 2.99mg (19.96%), Copper: 0.3mg (14.77%), Magnesium: 51.63mg (12.91%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.18mg (11.8%), Vitamin C: 4.28mg (5.19%), Fiber: 1.11g (4.45%), Vitamin D: 0.54µg (3.57%), Calcium: 35.47mg (3.55%), Vitamin E: 0.32mg (2.11%), Vitamin A: 104.36IU (2.09%)