



Quick 'N Easy Pork Chop Simmer

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup original barbecue sauce kraft
- 1.5 lb pork chops bone-in
- 2 cups carrots thinly sliced
- 1 Tbsp grey poupon savory honey mustard
- 1.5 cups rice white instant uncooked
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft

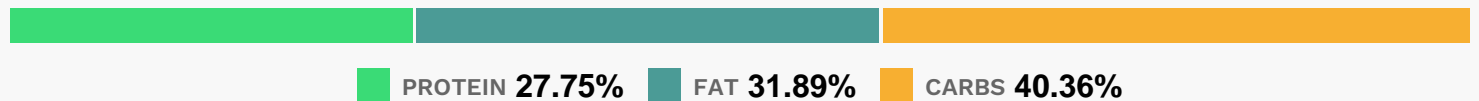
Equipment

- frying pan

Directions

- Mix barbecue sauce, dressing and mustard in shallow dish until blended.
- Remove 6 Tbsp. barbecue sauce mixture; reserve for later use.
- Add chops to remaining barbecue sauce mixture in dish; turn to evenly coat both sides of chops. Refrigerate 10 min.
- Cook chops in large skillet on medium heat 5 min.; turn.
- Add carrots and reserved barbecue sauce mixture; cover. Cook 7 to 10 min. or until sauce is thickened and chops are done (145F).
- Remove from heat.
- Let stand 3 min. Meanwhile, cook rice as directed on package.
- Serve chops with rice.

Nutrition Facts



Properties

Glycemic Index:0.85, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:2.2669565301874%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 31.94kcal (1.6%), Fat: 1.1g (1.7%), Saturated Fat: 0.31g (1.97%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.96g (1.08%), Sugar: 0.82g (0.91%), Cholesterol: 6.4mg (2.13%), Sodium: 33.91mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Vitamin A: 781.44IU (15.63%), Selenium: 4.05µg (5.79%), Vitamin B1: 0.07mg (4.69%), Vitamin B3: 0.83mg (4.17%), Vitamin B6: 0.08mg (3.78%), Phosphorus: 24.21mg (2.42%), Folate: 7.36µg (1.84%), Manganese: 0.03mg (1.62%), Potassium: 51.26mg (1.46%), Zinc: 0.21mg (1.41%), Iron: 0.23mg (1.28%), Vitamin B2: 0.02mg (1.27%), Vitamin K: 1.24µg (1.18%)