



Red Beans and Pork Chops

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

READY IN



575 min.

SERVINGS



4

CALORIES



744 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 14.5 ounce canned tomatoes diced with green chile peppers canned
- ☐ 0.3 teaspoon celery salt
- ☐ 1 teaspoon crab boil dry
- ☐ 2 tablespoons garlic minced
- ☐ 1 onion chopped
- ☐ 16 ounce pork chops boneless
- ☐ 1 pound beans dried red

- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 4 servings salt and pepper to taste
- ☐ 1 ham hock smoked

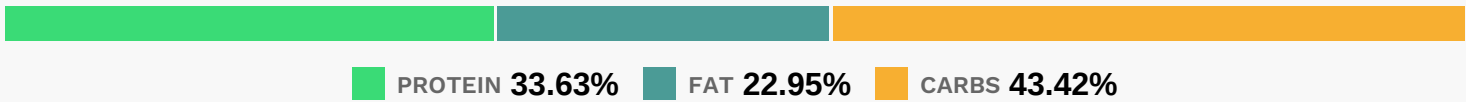
Equipment

- ☐ pot

Directions

- ☐ Place the red beans into a large container and cover with several inches of cool water; let stand 8 hours to overnight. Alternately, you could bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour.
- ☐ Drain and rinse before using.
- ☐ Place the soaked beans into a large pot, and cover with 1/2 inch of water. Stir in the onion, garlic, diced tomatoes, bay leaf, crab boil, celery salt, and red pepper flakes. Nestle the smoked ham hock deep into the beans. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beans are mostly tender, about 1 hour.
- ☐ Uncover the beans, remove the ham hock, and stir well.
- ☐ Place the pork chops into the pot and cover with beans. Increase the heat to medium, and simmer until the pork chops are no longer pink in the center, the beans are completely tender, and the mixture has thickened a bit, about 20 minutes. While the pork chops are cooking, remove the meat from the ham hock and shred into bite sized pieces. Stir the ham hock meat into the beans and season with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:20.28, Inflammation Score:-9, Nutrition Score:41.836087200953%

Flavonoids

Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg Pelargonidin: 5.47mg, Pelargonidin: 5.47mg, Pelargonidin: 5.47mg, Pelargonidin: 5.47mg 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: 0.19mg,

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 743.99kcal (37.2%), Fat: 18.95g (29.16%), Saturated Fat: 6.6g (41.25%), Carbohydrates: 80.66g (26.89%), Net Carbohydrates: 59.37g (21.59%), Sugar: 7.03g (7.82%), Cholesterol: 122.3mg (40.77%), Sodium: 859.61mg (37.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.47g (124.93%), Folate: 452.9µg (113.23%), Vitamin B1: 1.47mg (97.87%), Fiber: 21.29g (85.14%), Phosphorus: 732.03mg (73.2%), Manganese: 1.41mg (70.47%), Vitamin B6: 1.37mg (68.29%), Potassium: 2182.28mg (62.35%), Selenium: 41.93µg (59.9%), Vitamin B3: 11.54mg (57.7%), Iron: 9.18mg (51%), Magnesium: 191.07mg (47.77%), Copper: 0.88mg (44.23%), Zinc: 5.04mg (33.58%), Vitamin B2: 0.47mg (27.51%), Vitamin C: 20.79mg (25.2%), Vitamin B5: 1.77mg (17.68%), Calcium: 129.93mg (12.99%), Vitamin K: 10.69µg (10.18%), Vitamin B12: 0.6µg (10.02%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.45mg (2.99%), Vitamin A: 57.21IU (1.14%)