



Salsa Pork

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

READY IN



45 min.

SERVINGS



6

CALORIES



489 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 cups rice hot cooked
- 20 oz pineapple unsweetened crushed canned
- 6 center-cut pork loin chops boneless (2 lb. total)
- 1.5 cups tomato salsa hot

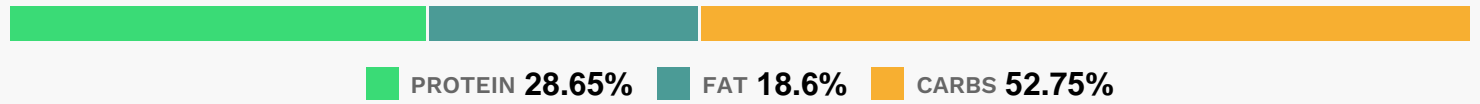
Equipment

- frying pan

Directions

- Combine salsa and pineapple in a 12- to 14-inch frying pan. Bring to a boil over high heat and stir often until reduced to 2 1/2 cups, about 10 minutes.
- While sauce cooks, trim and discard outer fat from pork chops. Broil chops 4 to 6 inches from heat until lightly browned and no longer pink in thickest part (cut to test), about 9 minutes, turning once.
- Arrange chops on a platter; top with sauce.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:47.83, Inflammation Score:-5, Nutrition Score:23.904347658157%

Nutrients (% of daily need)

Calories: 488.65kcal (24.43%), Fat: 9.97g (15.34%), Saturated Fat: 3.43g (21.41%), Carbohydrates: 63.59g (21.2%), Net Carbohydrates: 60.56g (22.02%), Sugar: 16.03g (17.81%), Cholesterol: 89.78mg (29.93%), Sodium: 493.24mg (21.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.55g (69.09%), Selenium: 57.17µg (81.67%), Vitamin B1: 1.04mg (69.63%), Vitamin B6: 1.31mg (65.25%), Vitamin B3: 12.33mg (61.66%), Manganese: 0.83mg (41.43%), Phosphorus: 398.19mg (39.82%), Potassium: 840mg (24%), Zinc: 3.08mg (20.5%), Magnesium: 77.72mg (19.43%), Vitamin B2: 0.31mg (18.18%), Vitamin B5: 1.72mg (17.22%), Copper: 0.33mg (16.37%), Vitamin C: 10.12mg (12.26%), Fiber: 3.03g (12.12%), Vitamin B12: 0.71µg (11.84%), Iron: 1.52mg (8.46%), Vitamin A: 364.61IU (7.29%), Vitamin E: 1.05mg (7%), Calcium: 58.5mg (5.85%), Vitamin D: 0.54µg (3.57%), Vitamin K: 3.39µg (3.23%), Folate: 12.06µg (3.02%)