



Saucy Barbecued Pork Chop Skillet

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup honey barbecue sauce sweet kraft
- 1 bell pepper green cut into strips
- 1 tsp oil
- 1 onion sliced
- 1.5 lb center-cut pork chops bone-in

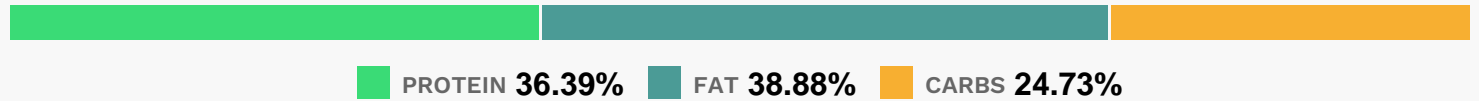
Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet on medium heat.
- Add chops; cook 5 min. on each side or until evenly browned on both sides.
- Remove from skillet; cover to keep warm.
- Add vegetables to skillet; cook and stir 5 min. Stir in barbecue sauce; bring to boil.
- Return chops to skillet; spoon sauce in skillet over chops. Simmer 4 to 5 min. or until chops are done (145F), turning after 3 min.
- Remove skillet from heat.
- Let stand 3 min. before serving chops topped with barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.65, Inflammation Score:-5, Nutrition Score:17.043913043064%

Flavonoids

Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg, Luteolin: 1.41mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg, Quercetin: 6.24mg

Nutrients (% of daily need)

Calories: 305.26kcal (15.26%), Fat: 12.95g (19.92%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 17.24g (6.27%), Sugar: 13.75g (15.28%), Cholesterol: 88.03mg (29.34%), Sodium: 440.38mg (19.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.54%), Selenium: 43.72µg (62.46%), Vitamin B6: 1.02mg (50.78%), Vitamin B3: 8.83mg (44.16%), Vitamin B1: 0.66mg (43.77%), Vitamin C: 26.17mg (31.72%), Phosphorus: 287.7mg (28.77%), Potassium: 612.73mg (17.51%), Vitamin B2: 0.28mg (16.29%), Zinc: 2.4mg (16.03%), Vitamin B12: 0.68µg (11.27%), Magnesium: 42.27mg (10.57%), Vitamin B5: 1.02mg (10.2%), Copper: 0.14mg (6.82%), Iron: 1.19mg (6.62%), Manganese: 0.13mg (6.29%), Fiber: 1.29g (5.18%), Vitamin E: 0.75mg (5.01%), Calcium: 45.34mg (4.53%), Vitamin D: 0.64µg (4.25%), Vitamin A: 198.36IU (3.97%), Vitamin K: 3.76µg (3.58%), Folate: 8.91µg (2.23%)