



Saucy Italian Pork Chops

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup lite balsamic vinaigrette dressing kraft
- 1.5 lb pork chops bone-in
- 14 oz canned tomatoes diced italian-style undrained canned
- 16 oz vegetables mixed frozen
- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 1 tsp oregano leaves dried

Equipment

- frying pan

Directions

- Heat large skillet sprayed with cooking spray on medium-high heat.
- Add chops and vegetables; cook 2 min. or until bottoms of chops are browned. Turn chops over.
- Sprinkle with oregano; drizzle with dressing. Cover with tomatoes. Bring to boil; cover. Simmer on low heat 12 min. or until chops are done (150F), stirring occasionally.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:6.87, Inflammation Score:-10, Nutrition Score:30.520869814831%

Nutrients (% of daily need)

Calories: 447.6kcal (22.38%), Fat: 22.27g (34.27%), Saturated Fat: 7.3g (45.62%), Carbohydrates: 24.56g (8.19%), Net Carbohydrates: 17.95g (6.53%), Sugar: 5.19g (5.77%), Cholesterol: 105.95mg (35.32%), Sodium: 560.62mg (24.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.66g (77.31%), Vitamin A: 6121.67IU (122.43%), Selenium: 48.22µg (68.89%), Vitamin B6: 1.17mg (58.56%), Vitamin B1: 0.84mg (55.82%), Vitamin B3: 11.13mg (55.63%), Phosphorus: 495.59mg (49.56%), Calcium: 313.94mg (31.39%), Potassium: 997.89mg (28.51%), Vitamin B2: 0.48mg (28.02%), Fiber: 6.61g (26.45%), Zinc: 3.82mg (25.47%), Vitamin C: 20.93mg (25.37%), Manganese: 0.49mg (24.62%), Magnesium: 86.61mg (21.65%), Iron: 3.4mg (18.88%), Copper: 0.38mg (18.86%), Vitamin B12: 0.91µg (15.1%), Vitamin B5: 1.39mg (13.85%), Folate: 49.37µg (12.34%), Vitamin E: 1.51mg (10.1%), Vitamin K: 8.5µg (8.1%), Vitamin D: 0.72µg (4.81%)