



Saucy Pork Skillet with Olives

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes mexican style undrained canned
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 12 jumbo olives spanish sliced
- 1.5 lb pork chops boneless
- 6 oz stove top stuffing mix for pork

Equipment

- frying pan

Directions

- Heat dressing in large skillet on medium-high heat.
- Add chops; cook 2 to 3 min. on each side or until browned on both sides.
- Add tomatoes and olives. Bring to boil; cover. Simmer on medium-low heat 10 min., turning chops and stirring sauce after 5 min. Meanwhile, prepare stuffing as directed on package.
- Spoon stuffing onto platter; top with chops and sauce.

Nutrition Facts



Properties

Glycemic Index:1.52, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:5.0456522081209%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 87.59kcal (4.38%), Fat: 3.45g (5.31%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 6.98g (2.33%), Net Carbohydrates: 6.4g (2.33%), Sugar: 1.78g (1.98%), Cholesterol: 18.3mg (6.1%), Sodium: 206.24mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.83%), Selenium: 12.48µg (17.83%), Vitamin B1: 0.24mg (15.69%), Vitamin B3: 2.77mg (13.85%), Vitamin B6: 0.24mg (11.77%), Phosphorus: 76.96mg (7.7%), Vitamin B2: 0.09mg (5.07%), Potassium: 169.52mg (4.84%), Manganese: 0.07mg (3.64%), Zinc: 0.53mg (3.55%), Iron: 0.62mg (3.46%), Vitamin K: 3.58µg (3.4%), Folate: 13.55µg (3.39%), Magnesium: 13.42mg (3.35%), Copper: 0.06mg (3.18%), Vitamin E: 0.44mg (2.91%), Vitamin B5: 0.27mg (2.7%), Vitamin B12: 0.15µg (2.43%), Fiber: 0.58g (2.33%), Vitamin C: 1.48mg (1.79%), Calcium: 15.51mg (1.55%)