



Saucy Spiced Pork Chops

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

READY IN



40 min.

SERVINGS



40

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon chopped
- 1.5 lb pork chops bone-in
- 14 oz canned tomatoes crushed undrained canned
- 2 chipotle peppers in adobo sauce finely chopped
- 2 cups rice long-grain white hot cooked
- 2 Tbsp cilantro leaves fresh finely chopped
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 onion chopped

3 roasted poblano chiles peeled seeded cut into strips

Equipment

frying pan

Directions

Heat dressing in large skillet on medium-high heat.

Add chops; cook 4 min. on each side or until browned on both sides.

Remove from skillet; cover to keep warm.

Add onions and bacon to skillet; cook and stir on medium heat 7 min. or until onions are crisp-tender and bacon is crisp.

Drain; return to skillet. Stir in tomatoes, chiles and peppers.

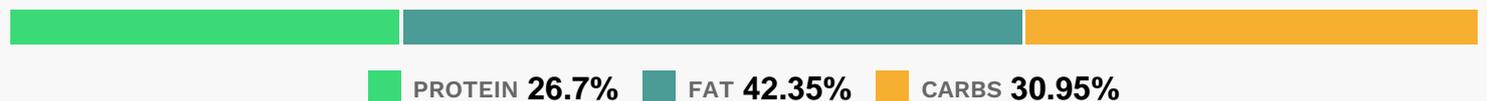
Add chops. Bring to boil; cover. Simmer on low heat 6 to 8 min. or until chops are done (145F).

Remove from heat; top with cilantro.

Let stand, covered, 3 min.

Serve chops with rice.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:2.68, Inflammation Score:-1, Nutrition Score:2.9582608847514%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 51.22kcal (2.56%), Fat: 2.4g (3.7%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 3.95g (1.32%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.98g (1.09%), Cholesterol: 10.25mg (3.42%), Sodium: 49.74mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin C: 8.3mg (10.06%), Selenium: 5.45µg (7.79%), Vitamin B6: 0.14mg (7.06%), Vitamin B3: 1.13mg (5.67%), Vitamin B1: 0.08mg (5.58%), Phosphorus:

39.22mg (3.92%), Manganese: 0.07mg (3.58%), Potassium: 100.92mg (2.88%), Zinc: 0.33mg (2.23%), Vitamin B2: 0.04mg (2.08%), Copper: 0.04mg (1.99%), Vitamin K: 2.08µg (1.98%), Fiber: 0.49g (1.98%), Magnesium: 7.63mg (1.91%), Vitamin B5: 0.17mg (1.73%), Iron: 0.29mg (1.62%), Vitamin E: 0.22mg (1.45%), Vitamin B12: 0.08µg (1.31%), Vitamin A: 57.91IU (1.16%)