



Savannah Pork Chops and Rice

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

READY IN



45 min.

SERVINGS



4

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons brown sugar
- 16 ounce tomato sauce canned
- 1 rib celery sliced
- 0.5 teaspoon basil dried
- 0.3 cup onion diced
- 3 inch pork loin chops boneless
- 1 cup rice long-grain uncooked
- 1 teaspoon salt

2 tablespoons vegetable oil

1.5 cups water

Equipment

frying pan

Directions

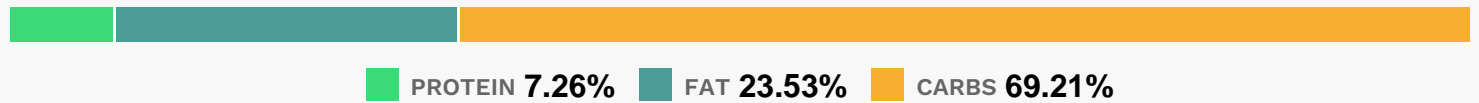
Cook pork chops in hot oil in a large skillet over medium-high heat 4 minutes on each side or until browned.

Remove pork from skillet.

Saut onion and celery in skillet over medium-high heat 2 minutes.

Drain, if necessary. Stir in tomato sauce and next 5 ingredients; top with pork, and bring to a boil. Cover, reduce heat, and simmer mixture for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:41.3, Glycemic Load:24.41, Inflammation Score:-5, Nutrition Score:9.2691304354888%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 285.78kcal (14.29%), Fat: 7.54g (11.6%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 49.89g (16.63%), Net Carbohydrates: 47.36g (17.22%), Sugar: 10.34g (11.49%), Cholesterol: 1.2mg (0.4%), Sodium: 1128.93mg (49.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.47%), Manganese: 0.66mg (32.77%), Vitamin K: 17.98µg (17.13%), Vitamin E: 2.26mg (15.06%), Copper: 0.26mg (12.87%), Potassium: 423.74mg (12.11%), Selenium: 8.32µg (11.89%), Vitamin B6: 0.22mg (10.88%), Vitamin C: 8.69mg (10.53%), Fiber: 2.52g (10.09%), Vitamin B3: 2mg (9.99%), Vitamin A: 493.27IU (9.87%), Iron: 1.65mg (9.18%), Phosphorus: 91.63mg (9.16%), Vitamin B5: 0.86mg (8.55%), Magnesium: 32.43mg (8.11%), Vitamin B2: 0.1mg (6.13%), Zinc: 0.83mg (5.51%), Vitamin B1: 0.07mg (4.85%), Calcium: 42.12mg (4.21%), Folate: 16.34µg (4.09%)