



Seared Pork Chops with Spicy Roasted Pepper Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



12 min.

SERVINGS



4

CALORIES



206 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chipotle chile canned
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons 5%-less-sodium montreal steak seasoning (such as McCormick Grill Mates)
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 16 ounce center-cut loin pork chops boneless (1/)
- ☐ 1 cup bottled roasted bell peppers red drained
- ☐ 2 tablespoons water

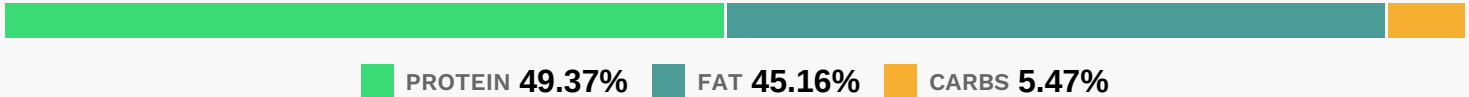
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ Sprinkle pork evenly with steak seasoning.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pork with cooking spray.
- ☐ Add pork to pan; cook 4 minutes. Turn pork over; cook 3 minutes.
- ☐ While pork cooks, place bell peppers and next 3 ingredients in a blender; process until smooth. When pork is done, remove pan from heat.
- ☐ Remove pork from pan; cover and keep warm.
- ☐ Add bell pepper mixture to pan; return pan to medium heat. Cook 1 to 2 minutes, stirring often. Spoon 2 tablespoons sauce onto each of 4 serving plates. Top each with a pork chop; drizzle with 1/2 teaspoon oil.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:15.631739222485%

Nutrients (% of daily need)

Calories: 206.25kcal (10.31%), Fat: 10.11g (15.55%), Saturated Fat: 3.11g (19.42%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 1.82g (0.66%), Sugar: 0.29g (0.32%), Cholesterol: 75.98mg (25.33%), Sodium: 534.72mg (23.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.72%), Selenium: 37.72µg (53.89%), Vitamin B1: 0.77mg (51.29%), Vitamin B3: 9.29mg (46.46%), Vitamin B6: 0.9mg (44.99%), Phosphorus: 266.24mg (26.62%), Vitamin C: 16.41mg (19.9%), Potassium: 485.4mg (13.87%), Vitamin B2: 0.22mg (13.12%), Zinc: 1.86mg (12.43%), Vitamin B12: 0.6µg (10.02%), Magnesium: 36.56mg (9.14%), Vitamin K: 9.27µg (8.83%), Vitamin B5: 0.84mg (8.38%), Iron: 1.47mg (8.15%), Manganese: 0.14mg (7.04%), Copper: 0.12mg (6.04%), Vitamin A: 216.22IU (4.32%), Fiber: 0.93g (3.74%), Calcium: 34.82mg (3.48%), Vitamin E: 0.46mg (3.05%), Vitamin D: 0.45µg (3.02%), Folate: 7.01µg (1.75%)