



SHAKE 'N BAKE® Mexican Pork Chops

 Gluten Free

READY IN



35 min.

SERVINGS



35

CALORIES



57 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pkt. shake 'n bake original pork seasoned coating mix
- 2 lb pork chops boneless
- 1 cup taco bell® & chunky salsa thick
- 1 cup cheddar cheese shredded kraft

Equipment

- oven
- baking pan

Directions

- Preheat oven to 425F. Coat chops with coating mix as directed on package.
- Place chops in 15x10x1-inch baking pan.
- Bake 15 minutes or until chops are cooked through. Top chops with salsa and cheese.
- Bake an additional 10 minutes or until salsa is heated and cheese is melted.
- Serve with additional salsa, if desired.

Nutrition Facts

 **PROTEIN 46.86%**  **FAT 48.99%**  **CARBS 4.15%**

Properties

Glycemic Index:0.77, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.6026086884996%

Nutrients (% of daily need)

Calories: 57.16kcal (2.86%), Fat: 3.04g (4.68%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 0.58g (0.19%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.29g (0.33%), Cholesterol: 21.05mg (7.02%), Sodium: 82.64mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.1%), Selenium: 9.71µg (13.88%), Vitamin B1: 0.18mg (12.07%), Vitamin B3: 2.18mg (10.91%), Vitamin B6: 0.21mg (10.29%), Phosphorus: 76.84mg (7.68%), Vitamin B2: 0.07mg (3.88%), Zinc: 0.55mg (3.66%), Potassium: 120.14mg (3.43%), Vitamin B12: 0.18µg (2.93%), Calcium: 26.81mg (2.68%), Magnesium: 8.84mg (2.21%), Vitamin B5: 0.22mg (2.21%), Vitamin A: 69.09IU (1.38%), Copper: 0.02mg (1.03%)