



Simple Thai-Peanut Pork



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pork chops bone-in
- 3 Tbsp creamy peanut butter
- 16 oz stir-fry vegetables frozen asian-style
- 0.3 cup a.1. supreme garlic steak sauce

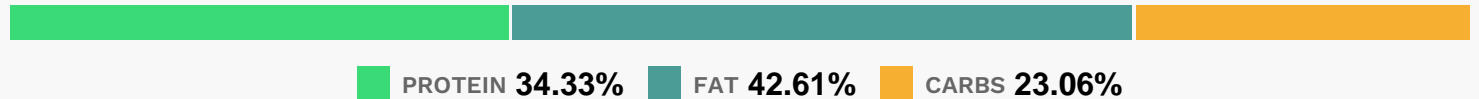
Equipment

- frying pan

Directions

- Heat large nonstick skillet on medium-high heat.
- Add chops; cook 4 min.
- Turn chops.
- Add vegetables; cover. Cook 4 to 5 min. or until chops are done (145F).
- Transfer chops to plate; cover to keep warm.
- Add steak sauce and peanut butter to vegetables in skillet; cook and stir 1 to 2 min. or until vegetable mixture is heated through and vegetables are evenly coated with sauce. Spoon over chops.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:5.12, Inflammation Score:-10, Nutrition Score:25.912608714207%

Nutrients (% of daily need)

Calories: 379.77kcal (18.99%), Fat: 18.29g (28.13%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 16.86g (6.13%), Sugar: 3.19g (3.55%), Cholesterol: 88.03mg (29.34%), Sodium: 499.44mg (21.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.28%), Vitamin A: 5824.03IU (116.48%), Selenium: 44.22µg (63.18%), Vitamin B3: 11.64mg (58.2%), Vitamin B6: 1.07mg (53.6%), Vitamin B1: 0.78mg (52.02%), Phosphorus: 380.7mg (38.07%), Manganese: 0.5mg (24.79%), Potassium: 807.02mg (23.06%), Vitamin B2: 0.37mg (21.83%), Fiber: 5.41g (21.63%), Zinc: 3.14mg (20.93%), Magnesium: 82.73mg (20.68%), Vitamin C: 13.13mg (15.92%), Copper: 0.27mg (13.67%), Iron: 2.36mg (13.1%), Vitamin B5: 1.21mg (12.1%), Vitamin B12: 0.68µg (11.27%), Folate: 44.78µg (11.19%), Vitamin E: 1.47mg (9.83%), Calcium: 62.21mg (6.22%), Vitamin D: 0.64µg (4.25%)