



Skillet Chops and Rice



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes italian-style undrained chopped canned
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 24 ounce center-cut pork chops (1/)
- ☐ 1.5 cups quick-cooking 5-minute rice uncooked
- ☐ 8 ounce no-salt-added tomato sauce canned
- ☐ 0.7 cup water

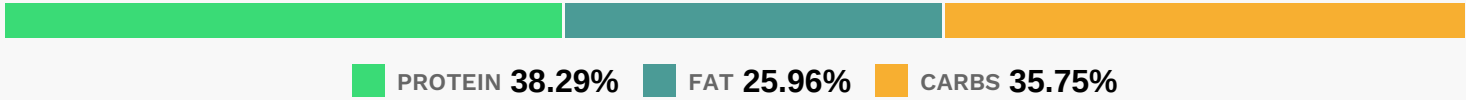
Equipment

☐ frying pan

Directions

- ☐ Trim fat from chops. Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add chops, and cook 2 minutes on each side.
- ☐ Remove from skillet; set aside.
- ☐ Combine rice and remaining 5 ingredients in skillet; bring to a boil. Arrange chops over rice mixture. Cover, reduce heat, and cook 5 minutes or until liquid is absorbed and rice is done.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:3.51, Inflammation Score:-7, Nutrition Score:31.67652140493%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 441.01kcal (22.05%), Fat: 12.59g (19.37%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 39g (13%), Net Carbohydrates: 35.21g (12.8%), Sugar: 7.41g (8.23%), Cholesterol: 113.97mg (37.99%), Sodium: 492.07mg (21.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.78g (83.55%), Vitamin B1: 1.53mg (102.21%), Selenium: 69.36µg (99.09%), Vitamin B3: 17.69mg (88.44%), Vitamin B6: 1.51mg (75.42%), Phosphorus: 476.67mg (47.67%), Potassium: 1143.53mg (32.67%), Manganese: 0.62mg (31%), Folate: 110.97µg (27.74%), Iron: 4.82mg (26.76%), Vitamin B2: 0.42mg (24.68%), Zinc: 3.54mg (23.6%), Copper: 0.42mg (21.07%), Magnesium: 80.41mg (20.1%), Vitamin B5: 1.86mg (18.63%), Vitamin C: 14.9mg (18.06%), Vitamin E: 2.34mg (15.6%), Fiber: 3.79g (15.15%), Vitamin B12: 0.9µg (15.03%), Vitamin A: 474.34IU (9.49%), Vitamin K: 7.35µg (7%), Calcium: 68.22mg (6.82%), Vitamin D: 0.68µg (4.54%)