



## Skillet Pork Chops Florentine

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



318 kcal

### Ingredients

- ☐ 24 ounce tomatoes italian prego®
- ☐ 1 medium onion thinly sliced
- ☐ 24 ounce pork chops boneless
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 10 ounce leaf spinach frozen thawed drained well
- ☐ 2 tablespoons vegetable oil

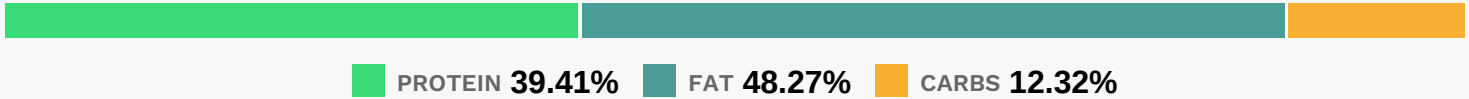
### Equipment

- ☐ frying pan

# Directions

- ☐ Heat 1 tablespoon of the oil in a 12-inch skillet over medium-high heat.
- ☐ Add the pork chops and cook until the chops are well browned on both sides.
- ☐ Remove the pork chops and set them aside.
- ☐ Reduce the heat to medium and add the remaining oil.
- ☐ Add the onion. Cook and stir until the onion is tender-crisp. Stir the sauce and spinach into the skillet and heat to a boil. Return the pork chops to the skillet and reduce the heat to low. Cover and cook until the chops are cooked through.
- ☐ Sprinkle with the cheese.

## Nutrition Facts



## Properties

Glycemic Index:21.83, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:32.758695903032%

## Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg, Kaempferol: 3.13mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

## Nutrients (% of daily need)

Calories: 317.96kcal (15.9%), Fat: 17.17g (26.42%), Saturated Fat: 6.04g (37.75%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 6.81g (2.48%), Sugar: 5.21g (5.79%), Cholesterol: 90.91mg (30.3%), Sodium: 748.5mg (32.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.54g (63.08%), Vitamin K: 240.23µg (228.79%), Vitamin A: 5054.24IU (101.08%), Selenium: 41.99µg (59.99%), Vitamin B1: 0.83mg (55.64%), Vitamin B3: 10.56mg (52.83%), Vitamin B6: 1.06mg (52.78%), Phosphorus: 382.27mg (38.23%), Potassium: 1064.55mg (30.42%), Manganese: 0.58mg (29.12%), Vitamin C: 22.57mg (27.36%), Folate: 106.68µg (26.67%), Vitamin B2: 0.43mg (25.37%), Magnesium: 89.43mg (22.36%), Vitamin E: 3.15mg (21%), Zinc: 2.84mg (18.94%), Vitamin B12: 1.03µg (17.2%), Calcium: 170.25mg (17.03%), Iron: 3.06mg (16.99%), Copper: 0.26mg (13.23%), Vitamin B5: 1.25mg (12.55%), Fiber: 3.05g (12.21%), Vitamin D: 0.53µg (3.53%)