



Southwest Pork Chops & Rice

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



533 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pork chops bone-in
- 15.5 oz kidney beans rinsed canned
- 10 oz canned tomatoes diced green undrained canned
- 0.5 tsp chili powder
- 0.8 cup milk colby & monterey jack cheeses shredded 2% kraft
- 2 cups brown rice long-grain hot cooked
- 0.3 tsp garlic powder
- 1 cup peppers and onions green chopped

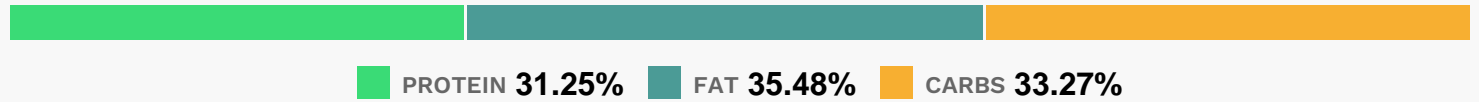
Equipment

frying pan

Directions

- Cook peppers and onions in large nonstick skillet on medium-high heat 5 min. or until crisp-tender, stirring frequently. Meanwhile, rub both sides of chops with combined seasonings.
- Add chops to skillet; cook 2 to 3 min. on each side or until evenly browned on both sides.
- Add beans and tomatoes; cover. Cook on medium-low heat 5 min.
- Top chops with cheese; cook, covered, 2 to 3 min. or until chops are done (145F) and cheese is melted.
- Remove from heat.
- Let stand 3 min. before serving chops and vegetable mixture over rice.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:5.56, Inflammation Score:-7, Nutrition Score:31.842608804288%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 532.69kcal (26.63%), Fat: 20.94g (32.22%), Saturated Fat: 9.12g (56.98%), Carbohydrates: 44.19g (14.73%), Net Carbohydrates: 35.13g (12.78%), Sugar: 5.11g (5.68%), Cholesterol: 111.54mg (37.18%), Sodium: 613.88mg (26.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.51g (83.02%), Selenium: 57.66µg (82.37%), Manganese: 1.32mg (66.08%), Vitamin B6: 1.31mg (65.52%), Phosphorus: 599.84mg (59.98%), Vitamin B1: 0.89mg (59.15%), Vitamin B3: 11.22mg (56.12%), Vitamin C: 37.42mg (45.36%), Fiber: 9.05g (36.22%), Magnesium: 125.38mg (31.35%), Zinc: 4.48mg (29.87%), Potassium: 1003.88mg (28.68%), Vitamin B2: 0.48mg (28.52%), Calcium: 262.35mg (26.23%), Copper: 0.43mg (21.38%), Iron: 3.66mg (20.32%), Vitamin B5: 1.5mg (14.96%), Vitamin B12: 0.88µg (14.69%), Folate: 46.5µg (11.62%), Vitamin A: 574.49IU (11.49%), Vitamin K: 10.93µg (10.41%),

Vitamin E: 1.02mg (6.82%), Vitamin D: 0.79µg (5.24%)