



WHATSheATe



Southwestern Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons juice of lime fresh



16 ounce pork loin chops boneless lean trimmed



0.3 cup salsa

Equipment

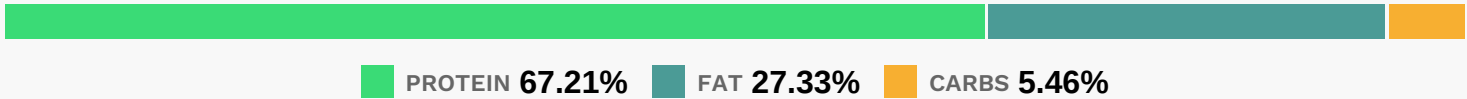


frying pan

Directions

- ☐
- Coat a large skillet with cooking spray; place over high heat until hot. Press chops with palm of hand to flatten slightly; add to pan, and cook 1 minute on each side or until browned. Reduce heat to medium-low.
- ☐
- Combine salsa and lime juice; pour over chops. Simmer, uncovered, 8 minutes or until chops are done. If desired, sprinkle chops with cilantro.
- ☐
- carbo rating: 1

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:12.058695594902%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 157.84kcal (7.89%), Fat: 4.65g (7.15%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.95g (1.06%), Cholesterol: 71.44mg (23.81%), Sodium: 197.85mg (8.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.73g (51.47%), Selenium: 31.61µg (45.16%), Vitamin B6: 0.9mg (44.86%), Vitamin B1: 0.51mg (34.12%), Vitamin B3: 6.77mg (33.84%), Phosphorus: 263.13mg (26.31%), Potassium: 488.78mg (13.97%), Zinc: 2.09mg (13.94%), Vitamin B2: 0.22mg (12.95%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.9mg (8.98%), Magnesium: 33.33mg (8.33%), Copper: 0.08mg (4.09%), Iron: 0.71mg (3.94%), Vitamin C: 2.66mg (3.23%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.43mg (2.86%), Vitamin A: 107.75IU (2.15%), Manganese: 0.03mg (1.69%), Fiber: 0.42g (1.68%), Calcium: 12.79mg (1.28%)