



## Tangy Pork Chops with Vegetables

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pepperoncini peppers finely chopped
- 1 teaspoon cajun spice
- 0.8 tablespoon garlic powder
- 1 bell pepper green finely chopped
- 1 teaspoon penzey's southwest seasoning italian
- 1 tablespoon juice of lemon fresh
- 0.5 tablespoon juice of lime fresh
- 1 teaspoon olive oil

- 1 orange bell pepper finely chopped
- 1 pinch paprika for garnish
- 4 pork chops thick cut
- 1 bell pepper red finely chopped
- 1 tablespoon citrus champagne vinegar
- 1 onion yellow finely chopped

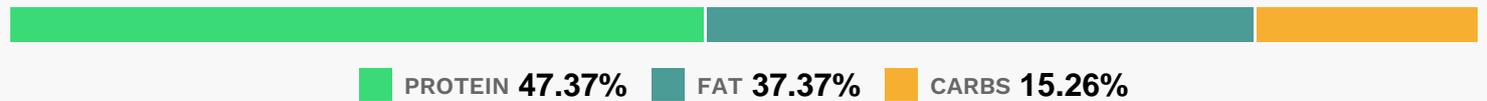
## Equipment

- frying pan

## Directions

- Heat the olive oil in a skillet over medium heat.
- Mix in the banana pepper, green bell pepper, red bell pepper, orange bell pepper, and onion.
- Sprinkle with vinegar, lemon juice, and lime juice, and season with Cajun seasoning, Italian seasoning, and garlic powder.
- Arrange the pork chops on top of the vegetables, and sprinkle with paprika. Cover skillet with a tight fitting lid, and cook chops 25 minutes, to an internal temperature of 145 degrees F (63 degrees C).
- Serve topped with the vegetables.

## Nutrition Facts



## Properties

Glycemic Index:35.25, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:26.057391622792%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

0.01mg Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg, Quercetin: 6.4mg

## Nutrients (% of daily need)

Calories: 259.41kcal (12.97%), Fat: 10.68g (16.43%), Saturated Fat: 3.51g (21.94%), Carbohydrates: 9.82g (3.27%), Net Carbohydrates: 6.96g (2.53%), Sugar: 4.67g (5.18%), Cholesterol: 89.78mg (29.93%), Sodium: 70.79mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.46g (60.91%), Vitamin C: 106.25mg (128.79%), Vitamin B6: 1.3mg (64.91%), Vitamin B1: 0.97mg (64.54%), Selenium: 44.98µg (64.25%), Vitamin B3: 11.59mg (57.93%), Vitamin A: 2255.68IU (45.11%), Phosphorus: 342.5mg (34.25%), Potassium: 767.67mg (21.93%), Vitamin B2: 0.33mg (19.27%), Zinc: 2.4mg (16.02%), Magnesium: 52.09mg (13.02%), Vitamin B5: 1.27mg (12.69%), Vitamin B12: 0.71µg (11.84%), Fiber: 2.86g (11.43%), Vitamin E: 1.65mg (11.03%), Manganese: 0.2mg (10.04%), Folate: 39.38µg (9.84%), Vitamin K: 9.61µg (9.16%), Iron: 1.5mg (8.35%), Copper: 0.13mg (6.71%), Vitamin D: 0.54µg (3.57%), Calcium: 34.29mg (3.43%)