



Tender Winter Pork Chops

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb pork chops bone-in
- 0.5 small head cabbage sliced
- 2 carrots sliced
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 onion sliced
- 0.3 cup parmesan cheese grated kraft
- 1 pkt. shake 'n bake original pork seasoned coating mix
- 2 cups potato wedges frozen

1 baby squash sliced

Equipment

oven

baking pan

Directions

Heat oven to 400F.

Place vegetables in 13x9-inch baking dish sprayed with cooking spray; drizzle with dressing.

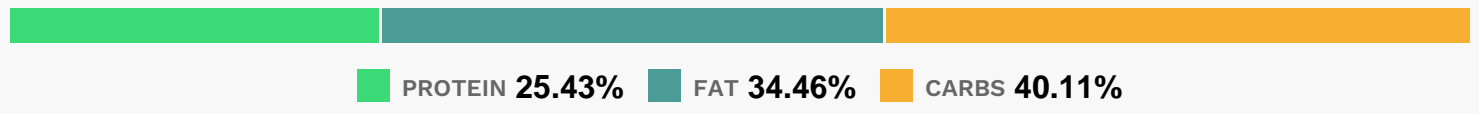
Coat chops with coating mix as directed on package; place over vegetables.

Bake 35 to 40 min. or until chops are done (145F).

Let stand 3 min.

Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:33.6, Glycemic Load:10.84, Inflammation Score:-10, Nutrition Score:30.867826078249%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 359.46kcal (17.97%), Fat: 14.07g (21.65%), Saturated Fat: 4.14g (25.85%), Carbohydrates: 36.84g (12.28%), Net Carbohydrates: 30.43g (11.07%), Sugar: 9.06g (10.07%), Cholesterol: 64.95mg (21.65%), Sodium: 350.88mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.36g (46.72%), Vitamin A: 16792.91IU (335.86%), Vitamin C: 64.48mg (78.15%), Vitamin K: 61.72µg (58.78%), Vitamin B6: 1.15mg (57.28%), Selenium: 32.62µg (46.61%), Vitamin B1: 0.68mg (45.57%), Vitamin B3: 8.42mg (42.08%), Potassium: 1254.04mg (35.83%), Phosphorus: 322.58mg (32.26%), Manganese: 0.52mg (26.17%), Fiber: 6.41g (25.63%), Magnesium: 94.41mg

(23.6%), Folate: 78.32µg (19.58%), Vitamin E: 2.59mg (17.24%), Vitamin B2: 0.27mg (15.98%), Calcium: 159.18mg (15.92%), Zinc: 2.36mg (15.72%), Vitamin B5: 1.55mg (15.48%), Iron: 2.44mg (13.54%), Copper: 0.25mg (12.69%), Vitamin B12: 0.53µg (8.88%), Vitamin D: 0.45µg (2.97%)