

Tomato Chops I

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce tomato sauce canned
- 2 stalks celery with leaves chopped
- 1 pinch garlic salt
- 1 onion chopped
- 4 pork chops
- 12 ounces tomato paste
- 1 tablespoon vegetable oil
- 3 cups water

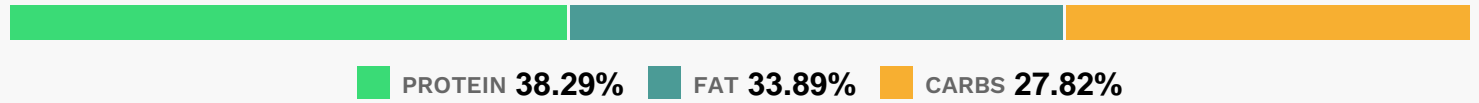
Equipment

frying pan

Directions

- Season pork chops with garlic salt to taste. In a large skillet, heat oil over medium high heat.
- Add chops and brown in oil for about 4 to 6 minutes each side.
- Remove from skillet and set aside.
- In the same skillet, saute onion and celery until translucent.
- Add tomato paste and heat through, stirring, until liquid is bubbling.
- Add tomato sauce and heat through, stirring, until bubbling.
- Add water to thin sauce. Return chops to skillet, reduce heat to very low and let simmer until meat is very tender and sauce thickens (about 1 1/2 to 2 hours), adding water as needed.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:8.15, Inflammation Score:-9, Nutrition Score:31.022608435672%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 346.81kcal (17.34%), Fat: 13.48g (20.74%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 24.89g (8.3%), Net Carbohydrates: 19.02g (6.92%), Sugar: 15.58g (17.31%), Cholesterol: 89.78mg (29.93%), Sodium: 1275.78mg (55.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.27g (68.53%), Vitamin B3: 14.47mg (72.35%), Selenium: 49.72µg (71.02%), Vitamin B1: 0.99mg (65.81%), Vitamin B6: 1.31mg (65.43%), Potassium: 1770.11mg (50.57%), Phosphorus: 414.91mg (41.49%), Vitamin E: 5.7mg (38%), Vitamin A: 1853.03IU (37.06%), Vitamin C: 28.72mg (34.82%), Copper: 0.55mg (27.69%), Vitamin B2: 0.47mg (27.41%), Iron: 4.32mg (24.02%), Vitamin K:

24.89µg (23.71%), Fiber: 5.87g (23.48%), Magnesium: 93.23mg (23.31%), Manganese: 0.44mg (21.8%), Zinc: 2.94mg (19.58%), Vitamin B5: 1.51mg (15.06%), Vitamin B12: 0.71µg (11.84%), Folate: 32.2µg (8.05%), Calcium: 74.54mg (7.45%), Vitamin D: 0.54µg (3.57%)