

Tomato Chops II

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 32 ounces tomato sauce canned
- ☐ 0.5 cup flour all-purpose for coating
- ☐ 1 large bell pepper green chopped
- ☐ 1 large onion chopped
- ☐ 4 pork chops thick cut
- ☐ 4 servings salt and pepper

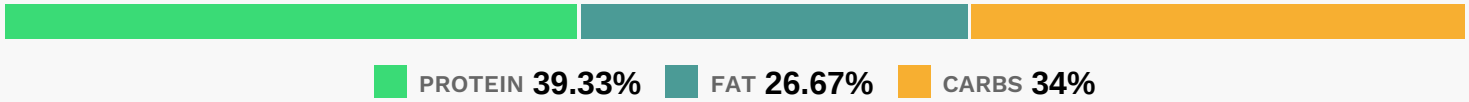
Equipment

- ☐ frying pan

Directions

- ☐ In a large skillet saute onion and bell pepper in oil until tender.
- ☐ Remove from skillet.
- ☐ Coat pork chops with flour, salt and pepper then add to skillet and brown on both sides.
- ☐ Add onions and peppers to pork chops in skillet.
- ☐ Pour tomato sauce over all of it and simmer for 15 or 20 minutes until pork chops are fully cooked and tender.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:13.41, Inflammation Score:-8, Nutrition Score:29.8999999919145%

Flavonoids

Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg, Quercetin: 8.52mg

Nutrients (% of daily need)

Calories: 342.21kcal (17.11%), Fat: 10.24g (15.75%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 24.21g (8.8%), Sugar: 10.69g (11.88%), Cholesterol: 89.78mg (29.93%), Sodium: 1336.17mg (58.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.98g (67.96%), Vitamin B1: 1.11mg (74.1%), Selenium: 51.2µg (73.14%), Vitamin B3: 14.11mg (70.57%), Vitamin B6: 1.34mg (66.94%), Vitamin C: 51.61mg (62.56%), Phosphorus: 400.02mg (40%), Potassium: 1316.66mg (37.62%), Vitamin B2: 0.49mg (29.07%), Vitamin E: 3.61mg (24.06%), Manganese: 0.46mg (22.88%), Vitamin A: 1139.84IU (22.8%), Iron: 3.79mg (21.07%), Fiber: 5.16g (20.63%), Magnesium: 80.15mg (20.04%), Copper: 0.4mg (20.01%), Zinc: 2.8mg (18.69%), Vitamin B5: 1.83mg (18.3%), Folate: 60.23µg (15.06%), Vitamin B12: 0.71µg (11.84%), Vitamin K: 9.58µg (9.12%), Calcium: 56.32mg (5.63%), Vitamin D: 0.54µg (3.57%)