



Tomato Pork Chops I

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bell pepper – chopped
- ☐ 15 ounce tomato sauce canned
- ☐ 4 servings garlic powder to taste
- ☐ 1 onion chopped
- ☐ 4 pork chops
- ☐ 4 servings salt and pepper to taste

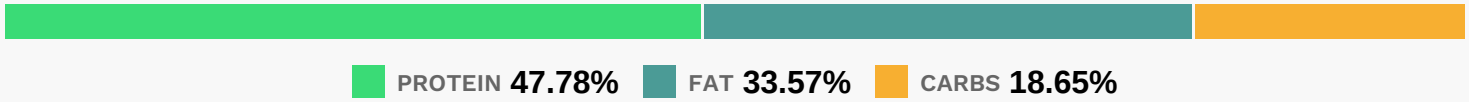
Equipment

- ☐ frying pan

Directions

- ☐ Heat enough oil to just cover the bottom of a large skillet over medium high heat. Dredge the pork chops in flour, add to pan and brown well on both sides.
- ☐ Remove chops and set aside.
- ☐ Add the onion and bell pepper and cook and stir for 5 minutes, or until almost tender. Return pork chops to skillet and pour in the tomato sauce. Allow the sauce to start bubbling and then reduce heat to low.
- ☐ Simmer for 30 minutes and season with garlic powder, salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:2.86, Inflammation Score:-8, Nutrition Score:24.326087049816%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 261.88kcal (13.09%), Fat: 9.76g (15.01%), Saturated Fat: 3.36g (21.02%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 9.23g (3.36%), Sugar: 6.27g (6.97%), Cholesterol: 89.78mg (29.93%), Sodium: 766.11mg (33.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.25g (62.49%), Selenium: 45.88µg (65.54%), Vitamin B1: 0.96mg (64.07%), Vitamin B6: 1.25mg (62.31%), Vitamin B3: 12.1mg (60.52%), Vitamin C: 47.59mg (57.69%), Phosphorus: 359.67mg (35.97%), Vitamin A: 1397.71IU (27.95%), Potassium: 954.32mg (27.27%), Vitamin B2: 0.35mg (20.82%), Zinc: 2.52mg (16.81%), Magnesium: 59.42mg (14.86%), Vitamin E: 2.2mg (14.67%), Vitamin B5: 1.45mg (14.53%), Vitamin B12: 0.71µg (11.84%), Fiber: 2.96g (11.83%), Copper: 0.23mg (11.46%), Iron: 2.05mg (11.37%), Manganese: 0.22mg (11.09%), Folate: 29.89µg (7.47%), Vitamin K: 4.56µg (4.34%), Vitamin D: 0.54µg (3.57%), Calcium: 35.16mg (3.52%)