



## Tomato Pork Chops II

 **Gluten Free**  **Dairy Free**

READY IN



**65 min.**

SERVINGS



**8**

CALORIES



**357 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 28 ounce canned tomatoes whole with liquid peeled canned
- 1 onion sliced
- 8 pork chops
- 8 servings salt and pepper to taste
- 3 cups water
- 1.5 cups rice white uncooked

### Equipment

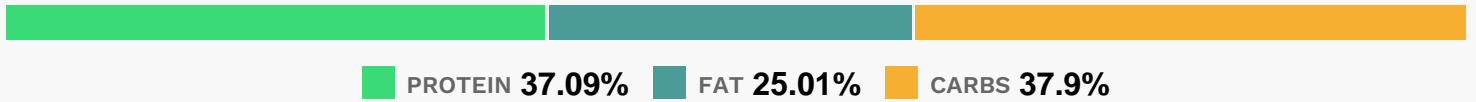
- frying pan

- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C). In a saucepan bring water to a boil.
- Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- Arrange pork chops in a 9x13 inch baking dish. Season with salt and pepper to taste.
- Bake at 350 degrees F (175 degrees C) for 25 minutes.
- Remove from oven and drain excess fat from pan.
- Top each pork chop with a slice of onion.
- Place a heaping mound of rice on each chop, followed by a whole tomato that you have sliced open slightly to allow the tomato juices to run out.
- Pour the remaining tomatoes and juices over all along with any remaining onions.
- Bake at 350 degrees F (175 degrees C) for 25 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:11.02, Glycemic Load:16.98, Inflammation Score:-4, Nutrition Score:20.785217181496%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

## Nutrients (% of daily need)

Calories: 356.68kcal (17.83%), Fat: 9.67g (14.88%), Saturated Fat: 3.37g (21.06%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 31.31g (11.39%), Sugar: 2.99g (3.32%), Cholesterol: 89.78mg (29.93%), Sodium: 406.72mg (17.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.28g (64.55%), Selenium: 49.76µg (71.09%), Vitamin B1:

0.97mg (64.6%), Vitamin B3: 11.98mg (59.91%), Vitamin B6: 1.16mg (57.82%), Phosphorus: 365.57mg (36.56%), Manganese: 0.48mg (24.07%), Potassium: 746.37mg (21.32%), Vitamin B2: 0.32mg (19.01%), Zinc: 2.63mg (17.51%), Vitamin B5: 1.46mg (14.6%), Magnesium: 56.69mg (14.17%), Vitamin C: 10.25mg (12.42%), Copper: 0.24mg (11.98%), Vitamin B12: 0.71µg (11.84%), Iron: 1.94mg (10.78%), Fiber: 1.68g (6.71%), Vitamin E: 0.89mg (5.93%), Calcium: 55.8mg (5.58%), Vitamin D: 0.54µg (3.57%), Folate: 13.33µg (3.33%), Vitamin K: 2.97µg (2.83%), Vitamin A: 121.73IU (2.43%)