






 **27%**
HEALTH SCORE

What to make for dinner tonight?? Bruschetta Style Pork & Pasta

READY IN

35 min.

SERVINGS

5

CALORIES

591 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 3 cups farfalle pasta
- 0.5 cup parmesan
- 5 servings soup noodles kraft
- 1.5 lb pork chops

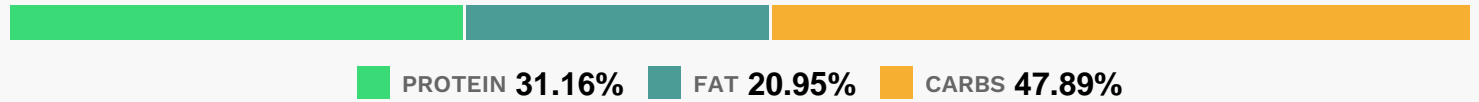
Equipment

- frying pan

Directions

□ wash and rinse pork chops and place into the skillet. cut them into bite sized pieces and add half of the Basil Garlic simmer sauce. boil your water and start working on cooking your bow-tie pasta. when you have finished with boiling and draining your pasta, add it to the pork along with the rest of the Basil Garlic Simmering Sauce, mixing lightly. Next you will top with the Chunky Bruschetta Finishing Sauce, cover with Parmesan, and cover. Cooking on low heat 2 to 3 minutes or until heated through.

Nutrition Facts



Properties

Glycemic Index: 22.2, Glycemic Load: 27.7, Inflammation Score: -5, Nutrition Score: 24.578260869565%

Nutrients (% of daily need)

Calories: 591.44kcal (29.57%), Fat: 13.42g (20.64%), Saturated Fat: 5.23g (32.69%), Carbohydrates: 69.02g (23.01%), Net Carbohydrates: 66.07g (24.03%), Sugar: 2.54g (2.82%), Cholesterol: 97.97mg (32.66%), Sodium: 231.04mg (10.05%), Protein: 44.9g (89.79%), Selenium: 105.44µg (150.62%), Vitamin B1: 0.99mg (66.29%), Vitamin B3: 12.46mg (62.3%), Vitamin B6: 1.13mg (56.38%), Phosphorus: 550.82mg (55.08%), Manganese: 0.86mg (42.76%), Zinc: 3.68mg (24.54%), Magnesium: 88.54mg (22.14%), Potassium: 721.93mg (20.63%), Vitamin B2: 0.34mg (20.01%), Copper: 0.35mg (17.26%), Calcium: 147.25mg (14.72%), Vitamin B5: 1.43mg (14.31%), Vitamin B12: 0.84µg (14.02%), Fiber: 2.94g (11.78%), Iron: 1.96mg (10.88%), Folate: 17.26µg (4.32%), Vitamin D: 0.59µg (3.96%), Vitamin E: 0.3mg (2%), Vitamin A: 83.54IU (1.67%)