

Baked Pork Chops and Rice

Mary B. Jolley

Gourmet Eating in South Carolina - (1985)

4 center cut pork chops
2 cups salted cooked rice
6 cubes beef bouillon
3 cups water
4 thick slices onion
4 thick slices tomato
4 green pepper rings
salt (to taste)
pepper (to taste)
Worcestershire sauce

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Preheat the oven to 350 degrees.

Sprinkle the chops with salt and pepper.

In a skillet, brown on both sides in a small amount of fat.

Place the pork chops in a baking dish. Sprinkle with Worcestershire sauce. Place a mound of cooked rice on each chop. Then place an onion slice, tomato slice and green pepper ring.

In the skillet where the pork chops were browned, place three cups of water. Add the bouillon cubes and allow to dissolve. Baste some liquid over each chop until all of the liquid is in the baking dish. Cover with foil.

Bake for one hour. Baste the rice and chops several times while baking.

Per Serving (excluding unknown items): 388 Calories; 6g Fat (14.1% calories from fat); 17g Protein; 72g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 8248mg Sodium. Exchanges: 1/2 Grain(Starch); 11 Vegetable.

Pork

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|------|
| Calories (kcal): | 388 | Vitamin B6 (mg): | .8mg |
| % Calories from Fat: | 14.1% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 69.6% | Thiamin B1 (mg): | .4mg |
| % Calories from Protein: | 16.3% | Riboflavin B2 (mg): | .3mg |

Total Fat (g): 6g
Saturated Fat (g): 2g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 0mg
Carbohydrate (g): 72g
Dietary Fiber (g): 13g
Protein (g): 17g
Sodium (mg): 8248mg
Potassium (mg): 2588mg
Calcium (mg): 317mg
Iron (mg): 18mg
Zinc (mg): 16mg
Vitamin C (mg): 122mg
Vitamin A (i.u.): 3094IU
Vitamin A (r.e.): 305RE

Folacin (mcg): 157mcg
Niacin (mg): 6mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 11
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 388 **Calories from Fat:** 55

% Daily Values*

| | | |
|----------------------------|--------|------|
| Total Fat | 6g | 10% |
| Saturated Fat | 2g | 12% |
| Cholesterol | 0mg | 0% |
| Sodium | 8248mg | 344% |
| Total Carbohydrates | 72g | 24% |
| Dietary Fiber | 13g | 53% |
| Protein | 17g | |
| Vitamin A | | 62% |
| Vitamin C | | 204% |
| Calcium | | 32% |
| Iron | | 99% |

* Percent Daily Values are based on a 2000 calorie diet.