

Pork Chop Casserole

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

6 boneless pork chops
1/2 cup uncooked rice
1 teaspoon salt
1 cup chicken broth
sliced onion rings
sliced green bell pepper rings

Preheat the oven to 350 degrees.

In a skillet, brown the pork chops. Season with salt and pepper.

Place the uncooked rice in a 13x9-inch casserole dish. Sprinkle with salt.

Arrange the pork chops on top of the rice. Place onion and pepper rings on top of each chop. Pour the broth over all. Cover.

Bake for one hour or until the chops are tender.

Per Serving (excluding unknown items): 38 Calories; 1g Fat (34.7% calories from fat); 5g Protein; 1g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 2895mg Sodium. Exchanges: 1/2 Lean Meat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	38
% Calories from Fat:	34.7%
% Calories from Carbohydrates:	10.3%
% Calories from Protein:	54.9%
Total Fat (g):	1g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
	0g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	5mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
 Protein (g): 5g
 Sodium (mg): 2895mg
 Potassium (mg): 206mg
 Calcium (mg): 24mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

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

Nutrition Facts

Amount Per Serving

Calories	38	Calories from Fat: 13
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% Daily Values*

Total Fat	1g	2%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	2895mg	121%
Total Carbohydrates	1g	0%
Dietary Fiber	0g	0%
Protein	5g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		3%

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