

Pork Chops Nicoise

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

6 pork chops, one-inch thick
4 medium ripe tomatoes, peeled,
seeded and chopped
3 small cloves garlic, minced
1 medium green pepper, minced
1 teaspoon dried basil
salt
pepper
1/2 cup ripe olives, pitted or cut off
pitts

Preheat the oven to 325 degrees.

Remove the excess fat from the chops. Fry the cut-off pieces in a heavy skillet. Skim out the browned pieces and discard. Brown the chops on both sides well in the fat. Arrange in a rather shallow casserole large enough to hold them in one layer.

In a bowl, mix the garlic, green pepper and basil. Season to taste with salt and pepper. Spread over the chops. Cover.

Bake for 35 minutes.

Per Serving (excluding unknown items): 270 Calories; 16g Fat (54.4% calories from fat); 24g Protein; 6g Carbohydrate; 2g Dietary Fiber; 74mg Cholesterol; 165mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	270
% Calories from Fat:	54.4%
% Calories from Carbohydrates:	9.6%
% Calories from Protein:	36.0%
Total Fat (g):	16g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	7g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	74mg
Carbohydrate (g):	6g

Vitamin B6 (mg):	.7mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	1.2mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	23mcg
Niacin (mg):	6mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 2g
 Protein (g): 24g
 Sodium (mg): 165mg
 Potassium (mg): 649mg
 Calcium (mg): 45mg
 Iron (mg): 2mg
 Zinc (mg): 2mg
 Vitamin C (mg): 35mg
 Vitamin A (i.u.): 713IU
 Vitamin A (r.e.): 72 1/2RE

Grain (Starch): 0
 Lean Meat: 3 1/2
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 270 **Calories from Fat:** 147

% Daily Values*

Total Fat	16g	25%
Saturated Fat	5g	26%
Cholesterol	74mg	25%
Sodium	165mg	7%
Total Carbohydrates	6g	2%
Dietary Fiber	2g	7%
Protein	24g	

Vitamin A	14%
Vitamin C	58%
Calcium	4%
Iron	10%

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