Pork (Boneless Pork Chops)

Rice

Dinner D13-5

Low Sodium

High Protein

Cajun Pork & Rice

Low Sugar Cherry Pie

Notes:	*Servings*	*Prep*	*Cook*	*Total*
High Altitude: Pressure cooking takes 2-3 times longer for me. I live at 7,000 feet elevation. Recipe cook times are for LOWER elevations.	4	20 min	20 min	40 min

Nutritional Information

3/18/2026

	Pork	*Pie*	*Total*
Calories	*389*	*190*	*579*
Total Fat (g)	*10*	*8*	*18*
Saturated Fat (g)	***3***	***4***	***7***
Cholesterol (mg)	***85***	***0***	***85***
Sodium (mg)	***213***	***67***	***280***
Carbs (g)	***40***	***27***	***67***
Fiber	*2*	*2*	*4*
Sugar	*4*	*8*	*12*
Protein (g)	*32*	*2*	*34*

Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***/egetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
4	3	2	1			

MM ***4 Carb Count*** ***3 HH Score***

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