

Teriyaki Pork Chops over Pineapple Rice

Nutritional Information

Per Serving: Chops: 330 cal, 4g fat (1g sat), 95mg chol, 800mg sodium*, 30g carb, 0g fiber, 40g protein. *Sodium count is after marinade is discarded. **Teriyaki Sauce:** 50 cal, 1g fat (0g sat), 0mg chol, 245mg sodium, 10g carb, 0g fiber.

Per Serving: Pineapple Rice: 225 cal, 5g fat (2g sat), 0mg chol, 530mg sodium, 44g carb, 1g fiber, 4g protein.

Contains: Soy.

Lifestyle: Gluten-Free. Dairy-Free. Nut-Free.

Ingredients: boneless pork chops, brown sugar, GF soy sauce, sherry, minced garlic, tomato paste, canola oil, rice flour, GF/DF chicken base. **Rice:** white rice, pineapple tidbits, sweetened coconut flakes, canola oil, GF/DF chicken base, sliced green onions, salt.

Please Note: Because Dinner Done dishes are hand-crafted, exact information may vary. Nutritional information calculated based on 3 servings per entrée.



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