

Wednesday Best Bets

MasterChef

KFFX KTVP 8:00 p.m.

The contestants face their first big challenge of the season as they compete for immunity in this new episode. Later, they're asked to create a dish inspired by Chef Gordon Ramsay before two contestants are sent home.

The Amazing Race

KEPR KOIN 8:00 p.m.

Memorable contestants from previous seasons of "The Amazing Race," "Big Brother" and "Survivor" compete in a race around the world in this season of the hit reality TV series. Host Phil Keoghan guides the teams as they face challenges along the way.



Ian McElhinney in "Krypton"

Match Game

KVEW KATU 10:00 p.m.

Players try to match answers with a panel of celebrity guests in the hopes of winning cash in the new version of this classic game show. Host Alec Baldwin welcomes guests Jason Alexander, Gabriel Iglesias, Constance Zimmer, Michael Che and more.

Krypton

SYFY 10:00 p.m.

Seg-El (Cameron Cuffe) finds himself stranded far from home as Val-El (Ian McElhinney) leads a rebellion in this season premiere. This sci-fi series tells the story of Superman's grandfather, who fights to redeem his disgraced family's honor.

Wednesday Evening

June 12, 2019

	CH	DISH	DTV	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30	12 AM	12:30
BROADCAST																	
KFFX (11)	11	-	11	Modern Family	Modern Family	2 Broke Girls	2 Broke Girls	Chef "Gordon's Mystery Box" (N)	Respond "Episode 101" (P) (N)	First at Ten (N)	:35 Dateline	The Fire Inside"	:35 Mike&M.	:05 Mike&M.	:35 2½Men		
KPTV	3	-	-	6 O'Clock News (N)		Family Feud	Family Feud	Chef "Gordon's Mystery Box" (N)	Respond "Episode 101" (P) (N)	10 O'Clock News (N)		News (N)	Page Six TV	TMZ Live!			
KEPR (19)	2	19	19	News (N)	Inside Edition	The Big Bang	The Simpsons	Amazing Race "Let's Split!" (N)	NCIS: Cases (N)	S.W.A.T. "Day Off"		News (N)	:35 The Late Show		:35 J.Corden		
KOIN	19	-	-	News (N)	News (N)	Extra	Ent. Tonight (N)	Amazing Race "Let's Split!" (N)	NCIS: Cases (N)	S.W.A.T. "Day Off"		KOIN6News (N)	:35 The Late Show		:35 J.Corden		
KNDU (25)	6	25	23	5:00 NHL Hockey Stanley Cup Playoffs St. Louis vs Boston (L)		To Be Announced						News (N)	:35 The Tonight Show		:35 Late Night		
KGW	8	-	-	5:00 NHL Hockey Stanley Cup Playoffs St. Louis vs Boston (L)		Paid Program		Paid Program	Getaways	Inside Edition	Dateline NBC	News (N)	:35 The Tonight Show		:35 Late Night		
KVEW (42)	4	42	-	News (N)	Local News (N)	Ent. Tonight (N)	Extra	Press Your Luck (N)	Card Sharks (P) (N)		Match Game (SP) (N)	News (N)	:05 Jimmy Kimmel	:05 Nightline	:35 Minute		
KATU	5	-	-	KATU News at 6 (N)		Jeopardy! (N)	Wheel Fortune	Press Your Luck (N)	Card Sharks (P) (N)		Match Game (SP) (N)	News (N)	:35 Jimmy Kimmel Live		:35 Nightline		
KTNW	-	31	31	PBS NewsHour (N)		World News (N)	WealthTrack	Nature	Nova		Operation Maneater "Crocodile"	Amanpour and Company (N)	Newsline	Journeys Japan			
OPB (59)	13	-	-	Journeys Japan	Business (N)	PBS NewsHour (N)		Oregon Revealed		Oregon Revealed: Coastal Wonder		Joy of Painting "Special Edition"	PBS NewsHour				
CABLE																	
A&E	52	118*	265*	4:00 Live PD		Live PD: Rewind		Live PD					Hero Ink	Hero Ink	Live PD		
AMC	60	131*	254*	5:00 ★★ National Treasure: Book of Secrets	Nicolas Cage.	★★★ Cast Away (2000, Drama)	Helen Hunt, Nick Searcy, Tom Hanks.						★★★ Bridge of Spies ('15, Thrill)	Mark Rylance, Tom Hanks.			
ANPL	24	184*	282*	Woods Law "Turkey Trouble"		North Woods Law		North Woods Law: Uncuffed "The Trouble with Youth" (N)		Woods Law "Schoolyard Bear"		Woods Law "Out of Control"		North Woods Law: Uncuffed			
CMT	43	166*	327*	Last Man St.	Last Man St.	Last Man St.	Last Man St.	Last Man St.	Last Man St.	Roseanne	Roseanne	Roseanne	Roseanne	Married, Child	Married, Child	Married, Child	Married, Child
CNBC	72	208*	355*	Deal or No Deal (N)		No Deal "Monopoly Money" (N)		No Deal "Million Dollar Ironman"	No Deal "Monopoly Money"		No Deal "Million Dollar Ironman"		Paid Program	Paid Program	Paid Program	Paid Program	
CNN	68	200*	202*	Cuomo Prime Time		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon	Anderson Cooper 360		Cuomo Prime Time		CNN Tonight With Don Lemon		CNN Tonight With Don Lemon		
DISC	51	182*	278*	Exp. Unknown "Viking Sunstone"		Expedition Unknown		Expedition Unknown: Rediscovered "Lost Warriors" (N)		Homestead Rescue "Line of Fire"		Raising Wild "The Long Haul"		Exp. Unknown "Lost Warriors"			
DISN	26	173	21	Coop & Cami	Bunk'd	Raven's Home	Andi Mack	Coop & Cami	Coop & Cami	Coop & Cami	Sydney Max	Big City Greens	Big City Greens	Coop & Cami	Andi Mack	Bunk'd	Bunk'd
ESPN	33	140*	206*	5:00 MLB Baseball Milwaukee Brewers at Houston Astros (L)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		MLB Baseball Mil./Hou.	
ESPN2	34	143*	209*	NBA: The Jump		NBA Mock Draft Special		Jalen & Jacoby		NBA: The Jump		UFC Unleashed (N)		NowNever (N)	UFC Knockouts	SportsCenter (N)	
FNC	66	205*	360*	Hannity		The Ingraham Angle		Fox News @ Night		Tucker Carlson Tonight		Hannity		The Ingraham Angle		Fox News @ Night	
FOOD	61	110*	231*	Guy's Grocery Games		Guy's Game "Dueling Dads"		Guy's Game "Father Cooks Best"		Guy's Grocery Games (N)		Game "DDD Dads and their Kids"		Game "It's a Fieri Father's Day!"		Guy's Grocery Games	
FREE	32	180*	311*	★★★ Finding Dory ('16, Ani)	Albert Brooks, Ellen DeGeneres.	Grown-ish (N)		★★★ Monsters, Inc. ('01, Ani)	John Goodman.		Grown-ish		The 700 Club		★★★ Casper Christina Ricci.		
FX	65	136*	248*	5:30 ★★ 22 Jump Street ('14, Act/Com)	Channing Tatum.	★★★ Men in Black 3 (2012, Action)	Tommy Lee Jones, Josh Brolin, Will Smith.				★★★ Men in Black 3 (2012, Action)	Tommy Lee Jones, Josh Brolin, Will Smith.					
GOLF	88	401*	218*	Live From the U.S. Open	Emerging storylines, analysis, features and guest interviews from the U.S. Open.												
GSN	76	116*	233*	ComKnowl.	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud	America Says	America Says	America Says	Family Feud	Family Feud	Family Feud	Family Feud	Family Feud
HALL	87	185*	312*	5:00 ★ Bottled With Love		Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Golden Girls	Frasier	Frasier	Frasier	Frasier	Frasier	Frasier
HGTV	62	12*	299*	Property "Nuttly and Proud"		Property "Designing Memories"		Property Brothers		Property Brothers: F (N)		House Hunt. (N)	House (N)	Boise Boys "Idaho Retro" (N)		Property "Fostering an Upgrade"	
HIST	50	120*	269*	Forged in Fire "Butterfly Swords"		Forged in Fire "Sica Sword"		Forged in Fire (N)		Forged in Fire "The Partizan" (N)		:05 The Butcher "Opah" (N)		:05 Forged in Fire "The Haladie"		:05 Forged Fire "The Partizan"	
LIFE	29	180*	252*	Celebrity Wife Swap		Celebrity Wife Swap		Married at First Sight (N)		Married at First Sight "Nice To Marry You" (SP) (N)		:05 Dance Moms		Married "Match Me If You Can"			
NICK	27	171	300	Loud House	LoudH./ Loud H.	Smarter Than	Henry Danger	★ Alvin and the Chipmunks: Chipwrecked ('11, Com)	Jason Lee.	Friends	Friends	Friends	:35 Friends	:10 Friends	:45 Mom		
PRMT	42	241*	241	Mom	Mom	Mom	Mom	★★★ Men in Black II ('02, Sci-Fi)	Tommy Lee Jones, Will Smith.	★★★ Men in Black II ('02, Sci-Fi)	Tommy Lee Jones, Will Smith.		Two and a Half	Two and a Half			
ROOT	37	-	-	5:00 MLB Baseball Seattle Mariners at Minnesota Twins (L)		Post-game	MLB Baseball Seattle Mariners at Minnesota Twins Site: Target Field -- Minneapolis, Minn.				Post-game		The Rich Eisen Show				
SYFY	67	122*	244	5:15 ★ London Has Fallen		:15 ★★ Avengers: Age of Ultron ('15, Act)	Scarlett Johansson, Robert Downey Jr..			Krypton (N)		★★★ The Mummy: Tomb of the Dragon Emperor	Brendan Fraser.				
TBS	59	139*	247	Family Guy	Family Guy	Bob's Burgers	Bob's Burgers	The Big Bang	The Big Bang	The Big Bang	The Big Bang	The Big Bang	Full Frontal	Conan (N)	Full Frontal	New Girl	Conan
TCM	56	132*	256	5:00 ★★★★★ Royal Wedding		★★★ Two Weeks With Love ('50, Mus)	Jane Powell.	★★★ Nancy Goes to Rio ('50, Mus)	Ann Sothorn, Jane Powell.		★★★ Small Town Girl ('53, Mus)	Farley Granger, Jane Powell.					
TLC	49	183*	280	My 600-lb Life "Lee, Rena and Sarah"		My 600-lb Life "Sean" (N)		My 600-lb Life "Tamy Lyn's Story"				My 600-lb Life "Sean"					
TNT	57	138*	245	5:30 ★★ The Incredible Hulk ('08, Act)	Liv Tyler, Edward Norton.	★ Guardians of the Galaxy Vol. 2 (2017, Action)	Zoe Saldana, Dave Bautista, Chris Pratt.				★★★ Con Air ('97, Act)	John Cusack, Nicolas Cage.					
UNI	21	-	-	P. Luche	Noticiero Univ.	La rosa de Guadalupe		La Reina Soy Yo		Silvia Pinal, Frente A Ti		Por Amar Sin Ley		Impacto extra	NoticieroUni	Contacto Deportivo	
USA	59	105*	242	5:30 SVU	Law&O: SVU "Girl Dishonored"	★★★ Ant-Man (2015, Action)	Michael Douglas, Evangeline Lilly, Paul Rudd.			Krypton (N)		NCIS "The Enemy Within"		NCIS "We Build, We Fight"			
WE	118	128*	260	Law & Order "Killerz"		Law & Order "DNR"		Law & Order "Merger"		Law & Order "Justice"		Law & Order "Marathon"		Law & Order "Patsy"		Law & Order "Blood Money"	
WGN	-	239*	307	Cops	Cops	Cops	Cops	★★★ Man on Fire (2004, Action)	Dakota Fanning, Marc Anthony, Denzel Washington.		Pure "Return of the Lamb"		Married, Child	Married, Child			
PREMIUM																	
HBO	518	303	504	5:40 ★★★★★ The Bourne Supremacy		Vice News (N)		Big Little Lies	:50 ★★ Conspiracy Theory ('97, Action)	Julia Roberts, Patrick Stewart, Mel Gibson.	:10 Gentleman Jack		:10 ★ Steve Jobs				
HBO2	520	304	505	:10 ★ The Predator ('18, Act)	Olivia Munn, Boyd Holbrook.	Ice on Fire (N)		:35 ★ 12 Strong ('18, Act)	Michael Shannon, Chris Hemsworth.	:50 The Cold Blue							
HBO3	521	302*	503*	5:05 ★★★★★ Mr. Brooks		:10 ★ Veronica Mars ('14, Com/Dra)	Tina Majorino, Kristen Bell.	Big Little Lies	:50 Amanda Seales: I Be Knowin'		★★★ The Meg ('18, Action)	Ruby Rose, Bingbing Li, Jason Statham.					
MAX	549	311	516	5:35 ★★★★★ War for the Planet of the Apes	Andy Serkis.	★ American Made ('17, Act)	Sarah Wright, Tom Cruise.	:55 ★★ Vanilla Sky ('01, Dra)	Cameron Diaz, Tom Cruise.	:15 ★ Closer	Stormy Daniels.						
SHOW	578	319	546	:15 ★★ Wildlife ('18, Dra)	Jake Gyllenhaal, Ed Oxenbould.	★★★ Fast Times at Ridgemont High		★★★ Risky Business ('83, Com)	Tom Cruise.	:10 DesMero	:40 ★★ The Kingdom ('07, Act)	Jamie Foxx.					
STARZ	621	351	526	★★★ The Good Dinosaur	Raymond Ochoa.	:35 ★★★★★ Monsters University	Billy Crystal.	:20 ★★★★★ Dirty Dancing ('87, Dan)	Jennifer Grey, Patrick Swayze.	:05 ★ Saving Mr. Banks ('13, Com/Dra)	Emma Thompson.						
STZENC	644	341	536	5:50 ★★ Bulletproof		:20 ★★ Dickie Roberts: Former Child Star	David Spade.	★★★ Just Go With It ('11, Com)	Jennifer Aniston, Adam Sandler.	★★★ The Wedding Singer	Adam Sandler.						
C - Charter; DISH - DISH; DTV - DirecTV																	
* Subscribers to DISH and DirecTV may see programming on select channels appear 3 hours earlier than listed.																	
SPORTS						MOVIES						NEWS					