



Another Pork Chop Casserole

 **Gluten Free**

READY IN



60 min.

SERVINGS



6

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 15.5 ounce green beans french-style drained canned
- ☐ 6 pork chops boneless
- ☐ 6 servings salt and pepper to taste
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 16 ounce potato tots
- ☐ 1 tablespoon vegetable oil

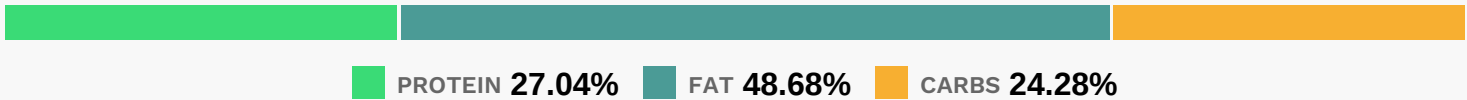
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
- ☐ Heat the oil in a skillet over medium heat, and brown pork chops on both sides.
- ☐ Remove chops, reserving pan dripping.
- ☐ Arrange tater tots in a single layer in the prepared baking dish.
- ☐ Layer green beans over the tater tots.
- ☐ Place browned chops over the beans. In a bowl, mix reserved pan drippings, cream of celery soup, sour cream, salt, and pepper.
- ☐ Pour evenly over chops.
- ☐ Cover dish with foil, and bake casserole 30 minutes in the preheated oven, or until pork chops are done.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:1.44, Inflammation Score:-7, Nutrition Score:26.107391326324%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 485.31kcal (24.27%), Fat: 26.5g (40.77%), Saturated Fat: 8.26g (51.65%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 25.64g (9.32%), Sugar: 4.28g (4.76%), Cholesterol: 112.33mg (37.44%), Sodium: 874.46mg (38.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.12g (66.25%), Vitamin B1: 1.11mg (74.02%),

Selenium: 47µg (67.14%), Vitamin B3: 12.85mg (64.23%), Vitamin B6: 1.25mg (62.36%), Vitamin K: 46.79µg (44.56%), Phosphorus: 418.41mg (41.84%), Potassium: 936.66mg (26.76%), Vitamin B2: 0.44mg (25.92%), Vitamin B5: 1.93mg (19.27%), Manganese: 0.36mg (18.06%), Magnesium: 71.42mg (17.86%), Vitamin C: 14.51mg (17.59%), Zinc: 2.61mg (17.42%), Vitamin A: 836.06IU (16.72%), Fiber: 4.1g (16.39%), Vitamin B12: 0.79µg (13.18%), Copper: 0.25mg (12.4%), Iron: 2.08mg (11.55%), Vitamin E: 1.57mg (10.44%), Folate: 39.76µg (9.94%), Calcium: 92.47mg (9.25%), Vitamin D: 0.54µg (3.57%)