



Baked Pork Chops and Gravy

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



337 kcal

SAUCE

Ingredients

- 1 eggs beaten
- 2 tablespoons flour all-purpose
- 6 pork chops boneless
- 1.5 cups herb seasoned stuffing crushed pepperidge farm®
- 10.5 ounce campbell's® turkey gravy canned
- 2 tablespoons water

Equipment

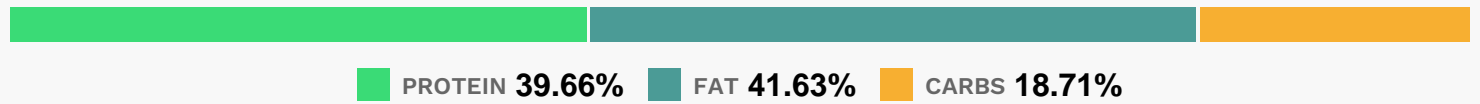
- baking sheet

- sauce pan
- oven
- whisk

Directions

- Beat the egg and water in a shallow dish with a fork or whisk. Coat the pork with the flour. Dip the pork into the egg mixture. Coat with the stuffing.
- Place the pork onto a baking sheet.
- Bake at 400 degrees F for 20 minutes or until the pork is cooked through.
- Heat the gravy in a 1-quart saucepan over medium heat until it's hot and bubbling.
- Serve the gravy with the pork.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1.38, Inflammation Score:-4, Nutrition Score:19.646956734035%

Nutrients (% of daily need)

Calories: 336.62kcal (16.83%), Fat: 15.16g (23.32%), Saturated Fat: 4.8g (30.02%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 13.81g (5.02%), Sugar: 1.93g (2.14%), Cholesterol: 117.06mg (39.02%), Sodium: 541.75mg (23.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.5g (65%), Selenium: 72.35µg (103.36%), Vitamin B1: 0.98mg (65.62%), Vitamin B3: 11.59mg (57.97%), Vitamin B6: 1.01mg (50.32%), Phosphorus: 341.06mg (34.11%), Vitamin B2: 0.35mg (20.43%), Potassium: 549.61mg (15.7%), Zinc: 2.33mg (15.53%), Vitamin B12: 0.78µg (13.01%), Vitamin B5: 1.14mg (11.38%), Magnesium: 42.32mg (10.58%), Iron: 1.46mg (8.11%), Folate: 27.52µg (6.88%), Vitamin K: 6.88µg (6.55%), Vitamin E: 0.95mg (6.35%), Fiber: 1.52g (6.07%), Copper: 0.12mg (6.04%), Manganese: 0.11mg (5.65%), Vitamin D: 0.68µg (4.55%), Vitamin A: 201.46IU (4.03%), Calcium: 30.01mg (3%)