



Baked Pork Chops and Vegetables

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 oz campbell's® condensed cream of celery soup canned
- 1.5 lb pork loin chops bone-in
- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon highest available proof grain spirit
- 2 cups hash browns diced frozen thawed (from 32-oz bag)
- 1 cup savory vegetable mixed frozen thawed (from 12 oz bag)
- 0.5 cup chives sour
- 0.3 teaspoon thyme leaves dried

1 cup croutons crushed

Equipment

bowl

frying pan

oven

baking pan

aluminum foil

glass baking pan

Directions

Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

Sprinkle pork chops with seasoned salt and garlic-pepper blend.

Heat 12-inch nonstick skillet over medium-high heat. Cook pork chops in skillet 4 to 6 minutes or until browned on both sides.

Place pork chops in baking dish.

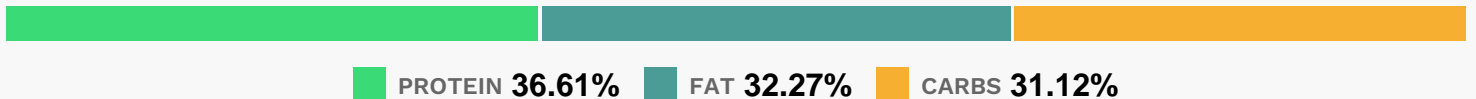
In large bowl, mix potatoes, vegetables, soup, sour cream and thyme. Spoon over pork chops. Cover baking dish with foil.

Bake 30 minutes.

Sprinkle with croutons; press into mixture slightly.

Bake uncovered 20 to 25 minutes longer or until bubbly and pork is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:11.11, Inflammation Score:-9, Nutrition Score:31.326086749201%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg,

Kaempferol: 0.5mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 466.98kcal (23.35%), Fat: 16.63g (25.58%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 36.08g (12.03%), Net Carbohydrates: 31.79g (11.56%), Sugar: 1.13g (1.25%), Cholesterol: 122.35mg (40.78%), Sodium: 862.49mg (37.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.45g (84.9%), Vitamin B1: 1.36mg (90.7%), Selenium: 61.04µg (87.2%), Vitamin B3: 16.57mg (82.85%), Vitamin B6: 1.39mg (69.4%), Vitamin A: 2755.79IU (55.12%), Phosphorus: 496.46mg (49.65%), Potassium: 1131.07mg (32.32%), Vitamin B2: 0.43mg (25.02%), Manganese: 0.49mg (24.59%), Vitamin B5: 2.4mg (24.03%), Vitamin K: 23.76µg (22.63%), Zinc: 3.27mg (21.8%), Vitamin C: 16.6mg (20.12%), Magnesium: 75.68mg (18.92%), Copper: 0.35mg (17.51%), Iron: 3.11mg (17.27%), Fiber: 4.29g (17.16%), Vitamin B12: 0.93µg (15.53%), Vitamin E: 1.29mg (8.62%), Folate: 34.42µg (8.6%), Calcium: 69.21mg (6.92%), Vitamin D: 0.68µg (4.54%)