



## Baked Pork Chops and Vegetables

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



603 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup approx cream cheese spread sour
- ☐ 10.8 oz campbell's® condensed cream of celery soup canned
- ☐ 1 cup parmesan crushed
- ☐ 1 cup savory vegetable mixed frozen thawed (from 12 oz bag)
- ☐ 2 cups hash browns diced frozen thawed (from 32-oz bag)
- ☐ 0.3 teaspoon garlic
- ☐ 1.5 lb pork loin chops bone-in
- ☐ 0.5 teaspoon lawry's seasoned salt

☐ 0.3 teaspoon thyme leaves dried

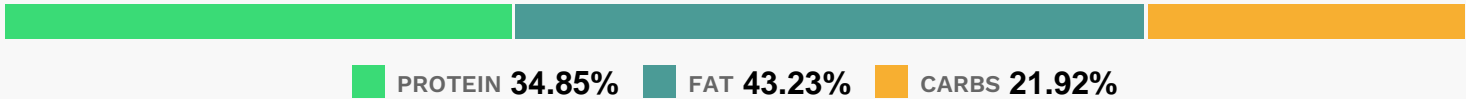
Equipment

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

Directions

- ☐ Heat oven to 350F. 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:44.5, Glycemic Load:7.49, Inflammation Score:-9, Nutrition Score:33.301739132923%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 602.5kcal (30.13%), Fat: 28.7g (44.15%), Saturated Fat: 13.29g (83.08%), Carbohydrates: 32.74g (10.91%), Net Carbohydrates: 28.97g (10.54%), Sugar: 2.11g (2.34%), Cholesterol: 156.94mg (52.31%), Sodium: 1342.16mg (58.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.06g (104.11%), Selenium: 63.82µg (91.18%), Vitamin B1: 1.32mg (87.97%), Vitamin B3: 16.18mg (80.89%), Vitamin B6: 1.4mg (70.15%), Phosphorus: 657.39mg (65.74%), Vitamin A: 3002.92IU (60.06%), Calcium: 389.24mg (38.92%), Potassium: 1129.41mg (32.27%), Vitamin B2: 0.48mg (28.33%), Zinc: 3.85mg (25.64%), Vitamin B5: 2.47mg (24.66%), Manganese: 0.44mg (21.98%), Vitamin B12: 1.23µg (20.53%), Magnesium: 81.76mg (20.44%), Copper: 0.34mg (16.85%), Vitamin C: 13.75mg (16.67%), Iron: 2.93mg (16.25%), Fiber: 3.77g (15.07%), Vitamin K: 13.53µg (12.89%), Vitamin E: 1.34mg (8.9%), Vitamin D: 0.81µg (5.37%), Folate: 20.73µg (5.18%)