



Baked Pork Chops with Garden Stuffing

 Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pork chops bone-in
- 10.8 ounce cream of mushroom soup canned
- 1 tablespoon butter
- 4 cups pepperidge farm sage and onion stuffing stuffing
- 16 ounce savory vegetable frozen (broccoli, cauliflower, carrots)
- 0.8 cup water

Equipment

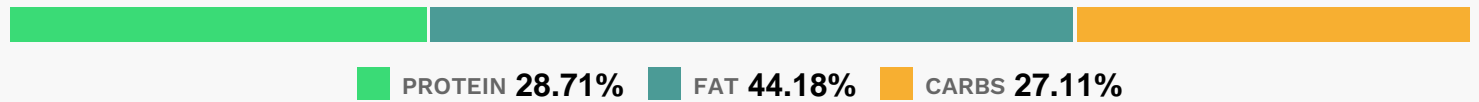
- sauce pan

- oven
- baking pan

Directions

- Mix 1/3 cup soup, 1/2 cup water, vegetables and margarine in saucepan.
- Heat to a boil.
- Remove from heat.
- Add stuffing.
- Mix lightly.
- Spoon stuffing mixture into greased 3-quart baking dish. Arrange chops over stuffing.
- Mix remaining soup and remaining water. Spoon over chops.
- Bake at 400 degrees F for 40 minutes or until chops are done.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:3.22, Inflammation Score:-10, Nutrition Score:32.949999622677%

Nutrients (% of daily need)

Calories: 620.29kcal (31.01%), Fat: 30.26g (46.56%), Saturated Fat: 8.46g (52.87%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 34.78g (12.65%), Sugar: 2.81g (3.13%), Cholesterol: 119.49mg (39.83%), Sodium: 1151.03mg (50.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.24g (88.49%), Selenium: 123.99µg (177.13%), Vitamin A: 4349.87IU (87%), Vitamin B1: 1.11mg (73.74%), Vitamin B3: 14.59mg (72.95%), Vitamin B6: 1.33mg (66.39%), Phosphorus: 470.12mg (47.01%), Vitamin B2: 0.56mg (32.86%), Manganese: 0.57mg (28.7%), Zinc: 4.28mg (28.5%), Fiber: 6.99g (27.97%), Potassium: 905.3mg (25.87%), Magnesium: 80.44mg (20.11%), Iron: 3.59mg (19.97%), Folate: 77.5µg (19.38%), Copper: 0.38mg (18.97%), Vitamin K: 18.27µg (17.4%), Vitamin B12: 1µg (16.59%), Vitamin B5: 1.52mg (15.23%), Vitamin E: 2.14mg (14.28%), Calcium: 97.39mg (9.74%), Vitamin C: 7.87mg (9.54%), Vitamin D: 0.85µg (5.65%)