



## Campbell's® Easy Skillet Pork Chops

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pork chops bone-in
- 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned
- 4 cups extra wide egg noodles
- 0.1 teaspoon ground pepper black
- 1 tablespoon honey

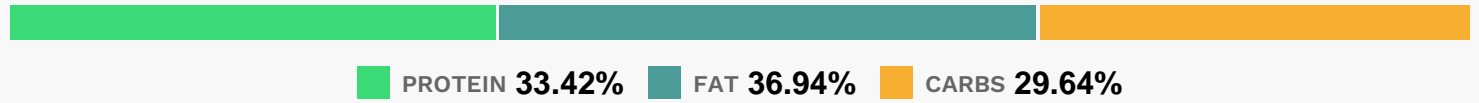
### Equipment

- frying pan

## Directions

- Spray nonstick skillet with vegetable cooking spray and heat 1 minute.
- Add chops and cook until browned.
- Add soup, honey, and pepper.
- Heat to a boil. Cover and cook over low heat 10 minutes or until done.
- Serve with noodles.

## Nutrition Facts



## Properties

Glycemic Index:32.07, Glycemic Load:13.63, Inflammation Score:-4, Nutrition Score:24.443913147501%

## Nutrients (% of daily need)

Calories: 505.04kcal (25.25%), Fat: 20.39g (31.37%), Saturated Fat: 6.38g (39.85%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 35.07g (12.75%), Sugar: 6.05g (6.73%), Cholesterol: 157.26mg (52.42%), Sodium: 494.56mg (21.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.51g (83.02%), Selenium: 88.65µg (126.64%), Vitamin B6: 1.27mg (63.63%), Vitamin B3: 12.23mg (61.13%), Vitamin B1: 0.9mg (60.28%), Phosphorus: 469mg (46.9%), Zinc: 3.83mg (25.56%), Manganese: 0.5mg (25.07%), Vitamin B2: 0.39mg (22.73%), Vitamin B5: 2.25mg (22.45%), Potassium: 752.33mg (21.5%), Vitamin B12: 1.04µg (17.32%), Magnesium: 68.44mg (17.11%), Copper: 0.31mg (15.42%), Vitamin K: 13.4µg (12.76%), Iron: 2.2mg (12.22%), Vitamin E: 1.4mg (9.36%), Calcium: 70.48mg (7.05%), Fiber: 1.74g (6.95%), Vitamin D: 0.96µg (6.41%), Vitamin A: 248.93IU (4.98%), Folate: 12.66µg (3.16%)