



Cheesy Pork Chop Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



672 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce condensed cream of cheddar cheese soup canned
- 10.5 ounce campbell's® condensed onion soup french canned
- 8 ounce monterrey jack cheese shredded
- 4 pork chops thick cut boneless
- 4 potatoes peeled sliced

Equipment

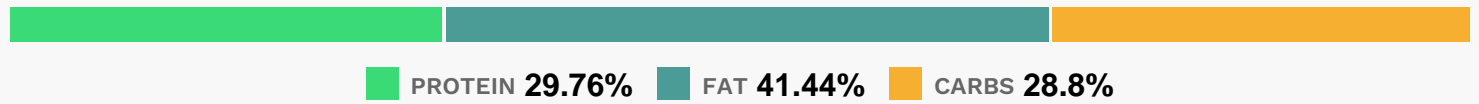
- bowl
- frying pan

- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Line the bottom of a 9x13 inch baking pan with sliced potatoes. Arrange the pork chops on top of the potatoes.
- In a bowl, stir together the cheddar cheese and French onion soups.
- Pour the soup over the pork chops.
- Cover pan and bake in preheated oven for 60 minutes, or until internal pork temperature reaches 145 degrees F (63 degrees C).
- Sprinkle chops with Monterey Jack cheese and serve.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:27.34, Inflammation Score:-7, Nutrition Score:32.925217504087%

Flavonoids

Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 671.7kcal (33.59%), Fat: 30.63g (47.12%), Saturated Fat: 15.99g (99.92%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 42.01g (15.27%), Sugar: 5.53g (6.15%), Cholesterol: 146.27mg (48.76%), Sodium: 1200.52mg (52.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.48g (98.96%), Vitamin B6: 1.65mg (82.3%), Selenium: 53.21µg (76.02%), Vitamin B1: 1.07mg (71.51%), Phosphorus: 675.99mg (67.6%), Vitamin B3: 13mg (65.01%), Potassium: 2117.27mg (60.49%), Vitamin C: 41.96mg (50.86%), Calcium: 494.2mg (49.42%), Vitamin B2: 0.54mg (31.6%), Zinc: 4.4mg (29.3%), Magnesium: 99.14mg (24.78%), Fiber: 5.89g (23.56%), Vitamin B12: 1.18µg (19.68%), Vitamin B5: 1.72mg (17.24%), Manganese: 0.34mg (17.08%), Copper: 0.32mg (16.16%), Iron: 2.74mg (15.22%), Vitamin A: 752.68IU (15.05%), Folate: 44.29µg (11.07%), Vitamin D: 0.88µg (5.84%), Vitamin K: 5.46µg (5.2%), Vitamin E: 0.34mg (2.29%)