



 71%  
HEALTH SCORE

## Chops in Mushroom Gravy

 **Gluten Free**  **Very Healthy**

READY IN



30 min.

SERVINGS



4

CALORIES



3021 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 10 ounces cream of mushroom soup undiluted canned
- 0.5 cup milk
- 0.8 cup onion chopped
- 4 pork loin boneless (3/)
- 4 servings salt and pepper to taste

### Equipment

- frying pan

## Directions

In a large skillet, brown pork chops and onion in butter until onion is tender. Stir in the soup, milk, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 15–20 minutes or until meat juices run clear.

## Nutrition Facts

**PROTEIN 68.58%** **FAT 30.33%** **CARBS 1.09%**

## Properties

Glycemic Index:28.75, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:59.597391312537%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

## Nutrients (% of daily need)

Calories: 3021.12kcal (151.06%), Fat: 97.5g (150%), Saturated Fat: 32.42g (202.64%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 7.26g (2.64%), Sugar: 2.74g (3.05%), Cholesterol: 1405.1mg (468.37%), Sodium: 1829.64mg (79.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 496.11g (992.22%), Selenium: 608.82µg (869.74%), Vitamin B6: 16.66mg (832.77%), Vitamin B1: 9.77mg (651.28%), Vitamin B3: 126.81mg (634.05%), Phosphorus: 5000.49mg (500.05%), Zinc: 40.47mg (269.82%), Vitamin B2: 4.2mg (247.04%), Potassium: 8389.87mg (239.71%), Vitamin B12: 11.48µg (191.41%), Vitamin B5: 16.65mg (166.46%), Magnesium: 582.47mg (145.62%), Copper: 1.43mg (71.35%), Iron: 12.42mg (68.97%), Vitamin D: 9.12µg (60.77%), Manganese: 0.41mg (20.33%), Vitamin E: 3.04mg (20.25%), Calcium: 158.8mg (15.88%), Vitamin A: 224.94IU (4.5%), Folate: 10.87µg (2.72%), Vitamin C: 2.22mg (2.69%), Fiber: 0.65g (2.61%)