



Clayton's Pork Chops

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 6 ounce french-fried onions canned
- ☐ 6 pork chops
- ☐ 1 cup heavy whipping cream sour

Equipment

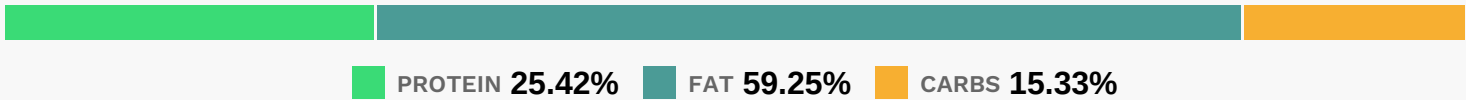
- ☐ oven
- ☐ baking pan

☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place pork chops in a 9x13 inch baking pan.
- ☐ Add the mushroom and celery soups. Stir to coat the pork chops.
- ☐ Bake in preheated oven for 45 minutes, until meat is no longer pink inside and thermometer reads 145 degrees F (63 degrees C).
- ☐ Remove from oven and stir sour cream into soup mixture.
- ☐ Sprinkle with French-fried onions.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:19.296956287778%

Nutrients (% of daily need)

Calories: 528.34kcal (26.42%), Fat: 34g (52.31%), Saturated Fat: 14.23g (88.94%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 19.39g (7.05%), Sugar: 1.99g (2.21%), Cholesterol: 120.52mg (40.17%), Sodium: 934.57mg (40.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.82g (65.64%), Selenium: 46.69µg (66.7%), Vitamin B1: 0.92mg (61.55%), Vitamin B3: 11.33mg (56.66%), Vitamin B6: 1.01mg (50.7%), Phosphorus: 361.94mg (36.19%), Vitamin B2: 0.36mg (21.33%), Potassium: 661.51mg (18.9%), Zinc: 2.82mg (18.82%), Vitamin B5: 1.67mg (16.67%), Vitamin B12: 0.89µg (14.87%), Manganese: 0.27mg (13.38%), Copper: 0.24mg (12.05%), Magnesium: 44.77mg (11.19%), Vitamin K: 9.31µg (8.87%), Vitamin A: 387.41IU (7.75%), Iron: 1.31mg (7.26%), Vitamin E: 1.03mg (6.84%), Calcium: 66.38mg (6.64%), Vitamin D: 0.54µg (3.57%), Folate: 6.87µg (1.72%), Fiber: 0.41g (1.63%)