



## Cola Onion Pork Chops

 Dairy Free  Low Fod Map

READY IN



65 min.

SERVINGS



3

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 fluid ounce coca-cola canned
- 1 ounce onion soup mix dry
- 3 pork chops thick cut boneless

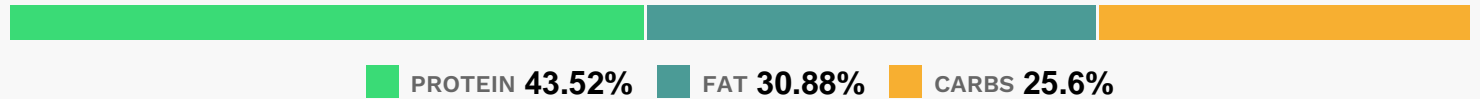
### Equipment

- oven
- glass baking pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Place the pork chops in a shallow glass baking dish.
- Pour the cola over them, and sprinkle with onion soup mix.
- Bake uncovered for 30 minutes in the preheated oven. Turn over, and continue baking for another 30 minutes, until sauce is thickened and chops are fork tender.

## Nutrition Facts



## Properties

Glycemic Index:21, Glycemic Load:7.12, Inflammation Score:-2, Nutrition Score:16.045652208769%

## Nutrients (% of daily need)

Calories: 279.15kcal (13.96%), Fat: 9.36g (14.39%), Saturated Fat: 3.29g (20.57%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 16.83g (6.12%), Sugar: 11.05g (12.28%), Cholesterol: 89.78mg (29.93%), Sodium: 827.97mg (36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.46mg (3.15%), Protein: 29.67g (59.33%), Selenium: 44.94µg (64.21%), Vitamin B1: 0.92mg (61.34%), Vitamin B3: 10.84mg (54.22%), Vitamin B6: 1.03mg (51.39%), Phosphorus: 334.61mg (33.46%), Potassium: 570.32mg (16.29%), Vitamin B2: 0.27mg (16.11%), Zinc: 2.21mg (14.71%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.05mg (10.55%), Magnesium: 40.51mg (10.13%), Copper: 0.11mg (5.48%), Iron: 0.92mg (5.1%), Manganese: 0.07mg (3.73%), Vitamin D: 0.54µg (3.57%), Calcium: 25.26mg (2.53%), Fiber: 0.62g (2.49%), Vitamin E: 0.19mg (1.24%)