



Cream of Mushroom and Soy Sauce Pork Chops

 Gluten Free  Dairy Free

READY IN



485 min.

SERVINGS



6

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 10.8 ounce cream of mushroom soup canned
- 6 pork chops
- 5 ounce soya sauce

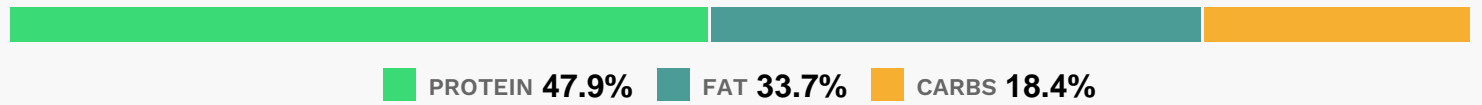
Equipment

- slow cooker

Directions

- Rub brown sugar into pork chops.
- Place chops in shallow dish and pour soy sauce over. Cover and refrigerate. Allow to marinate for one hour.
- Pour the cream of mushroom soup into the crock of a slow cooker.
- Remove chops from the soy sauce and place on top of soup.
- Cover, and cook on Low until very tender, 6 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:17.771304321678%

Nutrients (% of daily need)

Calories: 287.69kcal (14.38%), Fat: 10.54g (16.22%), Saturated Fat: 3.9g (24.34%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 12.66g (4.6%), Sugar: 9.29g (10.33%), Cholesterol: 92.32mg (30.77%), Sodium: 1746.68mg (75.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.71g (67.41%), Selenium: 44.65µg (63.79%), Vitamin B1: 0.92mg (61.19%), Vitamin B3: 12.1mg (60.52%), Vitamin B6: 1.04mg (52.21%), Phosphorus: 348.65mg (34.86%), Vitamin B2: 0.31mg (18.49%), Zinc: 2.74mg (18.27%), Potassium: 626.09mg (17.89%), Manganese: 0.29mg (14.28%), Vitamin B12: 0.79µg (13.19%), Magnesium: 48.67mg (12.17%), Vitamin B5: 1.17mg (11.72%), Copper: 0.21mg (10.64%), Iron: 1.65mg (9.18%), Vitamin D: 0.54µg (3.57%), Calcium: 23.75mg (2.37%), Folate: 7.9µg (1.97%), Vitamin E: 0.17mg (1.16%), Fiber: 0.29g (1.16%)