



## Creamy Drunken Mushroom Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



370 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pork chops thick cut bone-in
- 3 ounce mushrooms drained chopped canned
- 10.8 ounce cream of mushroom soup reduced-fat reduced-sodium canned
- 2 cloves garlic minced
- 4 servings ground pepper black to taste
- 0.3 cup red wine

### Equipment

- bowl

slow cooker

## Directions

Place the pork chops in the bottom of a slow cooker. Stir the mushroom soup, mushrooms, red wine, garlic, and pepper together in a bowl; pour over the pork chops. Cover and cook on Low 6 to 8 hours.

## Nutrition Facts

**PROTEIN 46.6%** **FAT 46.11%** **CARBS 7.29%**

## Properties

Glycemic Index:19.25, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:20.905652094794%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 359.43kcal (17.97%), Fat: 17.21g (26.47%), Saturated Fat: 6g (37.49%), Carbohydrates: 6.13g (2.04%), Net Carbohydrates: 5.41g (1.97%), Sugar: 0.64g (0.71%), Cholesterol: 120.76mg (40.25%), Sodium: 724.85mg (31.52%), Alcohol: 2.12g (100%), Alcohol %: 0.93% (100%), Protein: 39.13g (78.25%), Selenium: 58.42µg (83.46%), Vitamin B6: 1.26mg (62.76%), Vitamin B3: 12.3mg (61.5%), Vitamin B1: 0.86mg (57.3%), Phosphorus: 397.44mg (39.74%), Zinc: 4.04mg (26.92%), Vitamin B2: 0.38mg (22.27%), Potassium: 737.56mg (21.07%), Vitamin B12: 1.02µg (17%), Manganese: 0.32mg (16.15%), Copper: 0.32mg (15.86%), Vitamin B5: 1.53mg (15.27%), Magnesium: 53.84mg (13.46%), Iron: 1.9mg (10.54%), Vitamin D: 0.89µg (5.93%), Calcium: 42.35mg (4.23%), Fiber: 0.72g (2.88%), Folate: 8.15µg (2.04%), Vitamin E: 0.21mg (1.39%)