



Creamy Mushroom Pork Chops

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon gluten-free cut into 1-inch pieces
- ☐ 1.3 lb pork loin boneless trimmed of fat
- ☐ 0.5 teaspoon garlic salt
- ☐ 0.1 teaspoon pepper
- ☐ 18 oz cream of mushroom soup canned
- ☐ 0.3 cup spring onion sliced
- ☐ 0.5 cup cream gluten-free sour
- ☐ 1 serving parsley fresh chopped

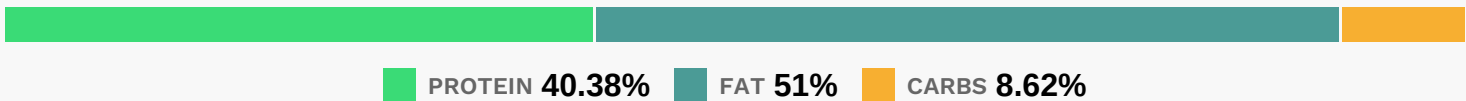
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ slotted spoon

Directions

- ☐ In 12-inch nonstick skillet, cook bacon over medium heat, stirring occasionally, until crisp.
- ☐ Remove bacon with slotted spoon; drain on paper towels.
- ☐ Drain all but 1 tablespoon bacon fat from skillet.
- ☐ Sprinkle pork chops with garlic salt and pepper.
- ☐ Add pork chops to bacon fat in skillet over medium heat. Cook pork 3 to 4 minutes, turning once, until lightly browned.
- ☐ Remove pork from skillet; set aside. Stir in soup and onions; heat to boiling, stirring occasionally. Reduce heat; simmer uncovered 5 minutes, stirring occasionally.
- ☐ Return pork to skillet. Cover; simmer 8 to 10 minutes, turning once, until pork is no longer pink in center.
- ☐ Remove from heat, stir in sour cream.
- ☐ Sprinkle with bacon and parsley.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:21.460435001746%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 416.11kcal (20.81%), Fat: 23.15g (35.61%), Saturated Fat: 9.13g (57.08%), Carbohydrates: 8.81g (2.94%), Net Carbohydrates: 8.34g (3.03%), Sugar: 1.13g (1.26%), Cholesterol: 127.16mg (42.39%), Sodium: 1420.76mg (61.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.23g (82.47%), Selenium: 44.79µg (63.99%), Vitamin B6: 1.2mg (59.82%), Vitamin B3: 10.25mg (51.25%), Vitamin B1: 0.72mg (48.29%), Phosphorus: 412.45mg (41.24%), Zinc: 4.35mg (28.97%), Vitamin K: 29.87µg (28.45%), Vitamin B2: 0.41mg (24.34%), Potassium: 794.06mg (22.69%), Manganese: 0.42mg (20.93%), Vitamin B12: 1.1µg (18.29%), Copper: 0.36mg (17.98%), Vitamin B5: 1.53mg (15.27%), Magnesium: 53.16mg (13.29%), Iron: 1.93mg (10.73%), Vitamin A: 334.15IU (6.68%), Calcium: 48.66mg (4.87%), Vitamin D: 0.65µg (4.37%), Folate: 16.19µg (4.05%), Vitamin C: 2.76mg (3.35%), Vitamin E: 0.43mg (2.87%), Fiber: 0.47g (1.87%)