



Creamy Mustard Pork Chops

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 10.8 ounce campbell's® condensed cream of mushroom soup fat free 98% canned
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1.5 teaspoons lemon pepper seasoning
- ☐ 0.5 cup milk
- ☐ 1 tablespoon mustard dijon-style
- ☐ 4 pork chops boneless

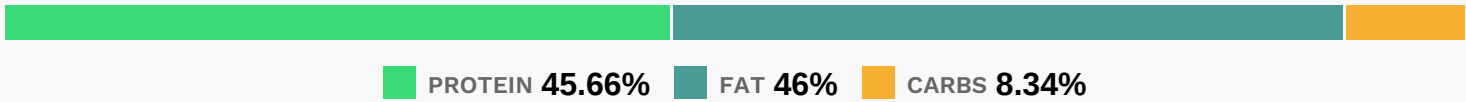
Equipment

☐ frying pan

Directions

- ☐ Sprinkle chops with lemon pepper seasoning.
- ☐ Heat butter in skillet. Cook chops 10 minutes or until browned.
- ☐ Add soup, milk and mustard.
- ☐ Heat to a boil. Cover and cook over low heat 10 minutes or until chops are done.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:19.714347994846%

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 302.17kcal (15.11%), Fat: 15.08g (23.2%), Saturated Fat: 5.37g (33.56%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 5.62g (2.04%), Sugar: 1.53g (1.7%), Cholesterol: 97.25mg (32.42%), Sodium: 691.06mg (30.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.68g (67.36%), Selenium: 46.25µg (66.07%), Vitamin B1: 0.94mg (62.35%), Vitamin B3: 11.47mg (57.33%), Vitamin B6: 1.03mg (51.4%), Phosphorus: 362.36mg (36.24%), Zinc: 3.08mg (20.56%), Vitamin B2: 0.34mg (20.11%), Potassium: 664.17mg (18.98%), Manganese: 0.35mg (17.6%), Vitamin K: 17.78µg (16.93%), Vitamin B12: 1µg (16.67%), Vitamin B5: 1.26mg (12.61%), Copper: 0.24mg (12.1%), Magnesium: 47.52mg (11.88%), Iron: 1.4mg (7.77%), Vitamin D: 0.87µg (5.81%), Calcium: 58.06mg (5.81%), Vitamin A: 270.97IU (5.42%), Vitamin E: 0.33mg (2.18%), Fiber: 0.54g (2.15%), Folate: 7.28µg (1.82%), Vitamin C: 1.35mg (1.64%)