



HEALTH SCORE

100%

Creamy Pork Chops with Mushrooms



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



3000 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup undiluted canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.5 small bell pepper diced green
- ☐ 1.5 teaspoons lemon pepper
- ☐ 2 tablespoons olive oil
- ☐ 4 ounce pimientos diced undrained
- ☐ 6 to 8 pork loin chops boneless

☐ 0.5 teaspoon salt

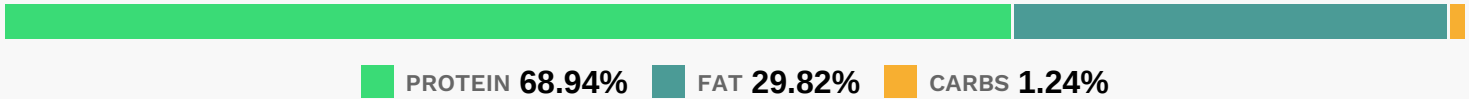
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Sprinkle pork chops evenly with salt and lemon pepper; dredge in flour.
- ☐ Cook pork in hot oil in a large skillet over medium-high heat 2 to 3 minutes on each side or until browned.
- ☐ Remove pork, and drain on paper towels, reserving drippings in skillet.
- ☐ Add mushrooms and bell pepper to skillet, and saut over medium heat 5 minutes or until tender. Return pork to skillet; spoon soup over pork, and sprinkle with pimienta. Reduce heat to low. Cook, covered, 45 minutes to 1 hour or until pork is tender.
- ☐ Serve with hot cooked rice, if desired.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:3.41, Inflammation Score:-10, Nutrition Score:61.631304429925%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 2999.9kcal (149.99%), Fat: 95.2g (146.47%), Saturated Fat: 28.68g (179.28%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 7.85g (2.86%), Sugar: 1.11g (1.23%), Cholesterol: 1385.39mg (461.8%), Sodium: 1633.96mg (71.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 495.19g (990.38%), Selenium: 611.33µg (873.33%), Vitamin B6: 16.68mg (833.82%), Vitamin B1: 9.8mg (653.06%), Vitamin B3: 127.62mg (638.11%), Phosphorus: 4978.86mg (497.89%), Zinc: 40.25mg (268.31%), Vitamin B2: 4.24mg (249.51%), Potassium: 8383.75mg (239.54%), Vitamin B12: 11.28µg (188.04%), Vitamin B5: 16.73mg (167.27%), Magnesium: 579.64mg (144.91%), Copper: 1.46mg (72.76%), Iron: 13.02mg (72.32%), Vitamin D: 8.81µg (58.75%), Vitamin C: 24.95mg

(30.24%), Vitamin E: 3.72mg (24.78%), Manganese: 0.44mg (21.91%), Calcium: 117.36mg (11.74%), Vitamin A: 527.34IU (10.55%), Vitamin K: 6.03µg (5.74%), Folate: 17.83µg (4.46%), Fiber: 1.07g (4.27%)