



Creamy Potatoes and Pork Chops

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork loin chops bone-in trimmed of fat
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 10.8 oz cream of mushroom soup canned
- ☐ 1.3 cups milk
- ☐ 1 tablespoon worcestershire sauce
- ☐ 1 lb baby potatoes refrigerated with skins
- ☐ 1 cup peas sweet frozen

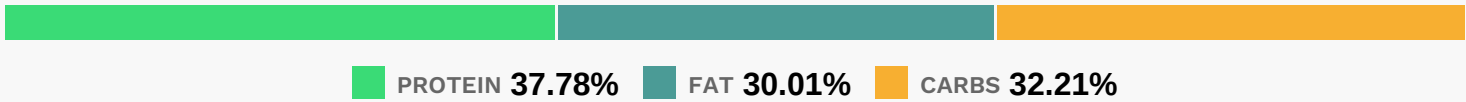
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ Sprinkle pork chops with seasoned salt. Spray large nonstick skillet with nonstick cooking spray.
- ☐ Heat over medium-high heat until hot.
- ☐ Add pork chops; brown well on both sides.
- ☐ In 13x9-inch (3-quart) glass baking dish, combine soup, milk and Worcestershire sauce; mix until smooth.
- ☐ Add potatoes and peas; stir until coated.
- ☐ Place browned pork chops over potato mixture. Cover with foil.
- ☐ Bake at 350°F. for 30 minutes. Uncover; bake an additional 20 to 25 minutes or until potatoes and pork chops are tender.

Nutrition Facts



Properties

Glycemic Index:41.52, Glycemic Load:17.25, Inflammation Score:-6, Nutrition Score:29.192608797032%

Flavonoids

Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 419.88kcal (20.99%), Fat: 13.82g (21.25%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 28.66g (10.42%), Sugar: 7.03g (7.81%), Cholesterol: 102.74mg (34.25%), Sodium: 988.03mg (42.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.14g (78.28%), Vitamin B1: 1.14mg (76.12%), Vitamin B6: 1.45mg (72.28%), Vitamin B3: 13.45mg (67.26%), Selenium: 46.82µg (66.88%), Phosphorus: 508.28mg (50.83%),

Vitamin C: 37.39mg (45.32%), Potassium: 1310.11mg (37.43%), Vitamin B2: 0.49mg (28.74%), Manganese: 0.56mg (28.19%), Zinc: 4.01mg (26.77%), Magnesium: 87.93mg (21.98%), Copper: 0.42mg (21.16%), Vitamin B12: 1.24µg (20.73%), Fiber: 4.71g (18.85%), Vitamin B5: 1.78mg (17.77%), Iron: 2.85mg (15.82%), Calcium: 133.61mg (13.36%), Folate: 47.38µg (11.84%), Vitamin K: 11.42µg (10.87%), Vitamin D: 1.37µg (9.16%), Vitamin A: 411.82IU (8.24%), Vitamin E: 0.27mg (1.83%)