



Creamy Soup Steaks

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce campbell's® condensed cream of celery soup canned
- 0.8 cup milk
- 4 pork chops

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place pork steaks in a 9x13 inch baking dish. In a medium bowl mix together the soup and milk and pour mixture over steaks.
- Bake uncovered in the preheated oven for 30 to 40 minutes or until internal temperature of the pork reaches 145 degrees F (63 degrees C).

Nutrition Facts

PROTEIN 44.36% **FAT 45.04%** **CARBS 10.6%**

Properties

Glycemic Index:9.5, Glycemic Load:0.81, Inflammation Score:-4, Nutrition Score:19.076521445876%

Nutrients (% of daily need)

Calories: 290.01kcal (14.5%), Fat: 14.16g (21.79%), Saturated Fat: 4.99g (31.17%), Carbohydrates: 7.49g (2.5%), Net Carbohydrates: 7.04g (2.56%), Sugar: 3.23g (3.59%), Cholesterol: 103.65mg (34.55%), Sodium: 474.84mg (20.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.38g (62.77%), Selenium: 46.59µg (66.56%), Vitamin B1: 0.94mg (62.46%), Vitamin B3: 10.95mg (54.77%), Vitamin B6: 1.01mg (50.42%), Phosphorus: 371.9mg (37.19%), Vitamin B2: 0.34mg (20.04%), Vitamin B5: 1.85mg (18.46%), Potassium: 643.11mg (18.37%), Vitamin B12: 0.99µg (16.46%), Zinc: 2.36mg (15.71%), Vitamin K: 13.24µg (12.61%), Magnesium: 44.14mg (11.03%), Calcium: 90.03mg (9%), Vitamin E: 1.26mg (8.37%), Manganese: 0.16mg (8.18%), Copper: 0.16mg (8.08%), Vitamin D: 1.04µg (6.93%), Vitamin A: 294.33IU (5.89%), Iron: 1.05mg (5.84%), Fiber: 0.46g (1.83%)