

Easy Pork Chop Casserole

 Dairy Free

READY IN



140 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 packet onion soup mix dry
- 1 cup mushrooms diced
- 4 pork chops
- 2 tablespoons vegetable oil
- 10.8 ounce water canned

Equipment

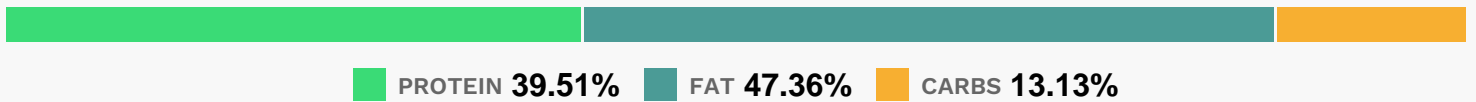
- bowl

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl, combine the mushroom soup, onion soup mix, water and mushrooms.
- In a large skillet over medium-high heat, brown the pork chops on each side.
- Transfer chops to a 9x9 inch baking dish, and cover with the mushroom soup mixture.
- Bake in the preheated oven for 1 1/2 hours, or until internal pork temperature reaches 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:20.254347496059%

Nutrients (% of daily need)

Calories: 348.87kcal (17.44%), Fat: 18.04g (27.76%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 10.2g (3.71%), Sugar: 0.94g (1.04%), Cholesterol: 93.59mg (31.2%), Sodium: 1412.61mg (61.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.87g (67.74%), Selenium: 47.09µg (67.27%), Vitamin B1: 0.96mg (63.76%), Vitamin B3: 12.4mg (62.02%), Vitamin B6: 1.09mg (54.32%), Phosphorus: 366.67mg (36.67%), Vitamin B2: 0.42mg (24.56%), Potassium: 744.24mg (21.26%), Zinc: 3.16mg (21.06%), Copper: 0.35mg (17.56%), Manganese: 0.32mg (15.79%), Vitamin B5: 1.56mg (15.64%), Vitamin B12: 0.84µg (14.03%), Magnesium: 49.1mg (12.27%), Vitamin K: 12.65µg (12.04%), Iron: 1.45mg (8.05%), Vitamin E: 0.75mg (4.97%), Fiber: 1.05g (4.21%), Vitamin D: 0.58µg (3.89%), Calcium: 29.73mg (2.97%), Folate: 9.41µg (2.35%), Vitamin C: 0.84mg (1.02%)