



## Elegant Pork Chops

 **Gluten Free**

READY IN



**30 min.**

SERVINGS



**2**

CALORIES



**655 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon canola oil
- 10 ounces cream of mushroom soup undiluted canned
- 0.1 teaspoon garlic powder
- 0.8 cup milk 2%
- 0.1 teaspoon onion powder
- 1 Dash pepper
- 2 pork loin chops ( )
- 0.8 cup rice white uncooked minute®

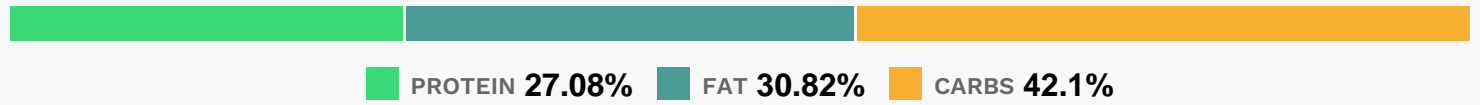
## Equipment

- oven
- baking pan
- kitchen thermometer

## Directions

- In a small skillet, brown pork chops in oil on both sides over medium heat; set aside. In an ungreased 8-in. square baking dish, combine the soup, milk, rice and seasonings. Top with pork chops.
- Cover and bake at 350° for 15–20 minutes. Uncover; bake 5 minutes longer or until a thermometer reads 145°.
- Let stand for 5 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:49.09, Glycemic Load:33.4, Inflammation Score:-4, Nutrition Score:27.005652287732%

## Nutrients (% of daily need)

Calories: 654.69kcal (32.73%), Fat: 21.92g (33.72%), Saturated Fat: 6.74g (42.11%), Carbohydrates: 67.35g (22.45%), Net Carbohydrates: 66.12g (24.04%), Sugar: 4.57g (5.08%), Cholesterol: 103.95mg (34.65%), Sodium: 1114.59mg (48.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.31g (86.63%), Selenium: 57.11µg (81.58%), Vitamin B1: 1.01mg (67.11%), Vitamin B3: 13.17mg (65.87%), Manganese: 1.21mg (60.58%), Vitamin B6: 1.18mg (59.05%), Phosphorus: 506.41mg (50.64%), Zinc: 4.83mg (32.19%), Vitamin B2: 0.53mg (31.24%), Copper: 0.52mg (25.94%), Potassium: 886.24mg (25.32%), Vitamin B12: 1.41µg (23.43%), Vitamin B5: 2.27mg (22.65%), Magnesium: 72.21mg (18.05%), Calcium: 141.52mg (14.15%), Iron: 2.26mg (12.53%), Vitamin E: 1.5mg (10.03%), Vitamin K: 5.33µg (5.07%), Folate: 20.07µg (5.02%), Fiber: 1.23g (4.94%), Vitamin D: 0.54µg (3.57%), Vitamin A: 95.9IU (1.92%)