



Pork Steak Dinner in a Dish

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



90 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup chicken stock see
- 10.8 ounces cream of chicken soup
- 0.5 teaspoon thyme dried
- 2 tablespoons sherry dry
- 2 garlic clove minced
- 0.5 teaspoon garlic salt
- 0.3 cup mushrooms mixed drained sliced
- 0.5 cup onion

- 10 ounces peas-carrots mix shopping list frozen
- 0.3 teaspoon pepper
- 4 pork steaks
- 10 small potatoes cut in 1 inch chunks
- 1.5 teaspoons worcestershire sauce

Equipment

Nutrition Facts

PROTEIN 12.02% **FAT 10.58%** **CARBS 77.4%**

Properties

Glycemic Index:65.69, Glycemic Load:57.49, Inflammation Score:-10, Nutrition Score:32.159565217391%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 3.53mg, Kaempferol: 3.53mg, Kaempferol: 3.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg, Quercetin: 7.06mg

Nutrients (% of daily need)

Calories: 469.08kcal (23.45%), Fat: 5.64g (8.68%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 92.77g (30.92%), Net Carbohydrates: 80.21g (29.17%), Sugar: 5.7g (6.33%), Cholesterol: 7.6mg (2.53%), Sodium: 982.62mg (42.72%), Alcohol: 0.77g (4.29%), Protein: 14.41g (28.83%), Vitamin A: 6886.7IU (137.73%), Vitamin C: 94.1mg (114.06%), Vitamin B6: 1.44mg (71.88%), Potassium: 2103.19mg (60.09%), Fiber: 12.56g (50.25%), Manganese: 0.99mg (49.37%), Phosphorus: 345.58mg (34.56%), Vitamin B3: 6.91mg (34.55%), Vitamin B1: 0.52mg (34.51%), Copper: 0.68mg (33.85%), Magnesium: 121.71mg (30.43%), Iron: 5.4mg (30.02%), Folate: 102.84µg (25.71%), Vitamin B5: 1.81mg (18.12%), Vitamin B2: 0.3mg (17.66%), Zinc: 2.12mg (14.12%), Vitamin K: 13.76µg (13.11%), Calcium: 95.62mg (9.56%), Selenium: 5.66µg (8.09%), Vitamin E: 0.48mg (3.22%)