



French Onion Pork Chops

READY IN



35 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork chops bone-in
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 1 ounce onion soup mix dry
- ☐ 1 tablespoon cooking sherry dry
- ☐ 0.3 cup milk
- ☐ 4 servings olive oil

Equipment

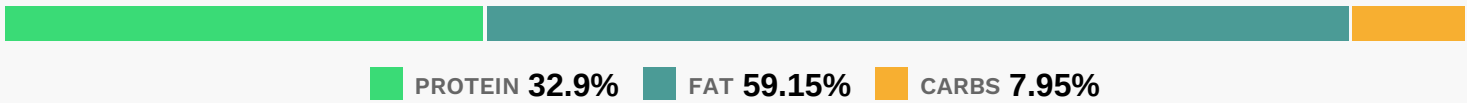
- ☐ bowl

☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium heat and brown the pork chops, 5 to 8 minutes per side.
- ☐ Mix cream of mushroom soup, dry onion soup mix, milk, and sherry together in a bowl and pour over the pork chops; cover and reduce heat to medium-low. Simmer until pork chops are tender and no longer pink inside, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:13.25, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:22.035217483406%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 494.43kcal (24.72%), Fat: 31.81g (48.94%), Saturated Fat: 8.3g (51.9%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 9g (3.27%), Sugar: 1.34g (1.49%), Cholesterol: 123.2mg (41.07%), Sodium: 1210.79mg (52.64%), Alcohol: 0.39g (100%), Alcohol %: 0.17% (100%), Protein: 39.81g (79.62%), Selenium: 58.04µg (82.91%), Vitamin B6: 1.27mg (63.37%), Vitamin B3: 12.03mg (60.17%), Vitamin B1: 0.87mg (57.91%), Phosphorus: 412.52mg (41.25%), Zinc: 4.01mg (26.7%), Vitamin B2: 0.41mg (24.36%), Potassium: 761.79mg (21.77%), Vitamin B12: 1.13µg (18.83%), Vitamin E: 2.24mg (14.93%), Vitamin B5: 1.48mg (14.76%), Manganese: 0.29mg (14.64%), Copper: 0.28mg (14.23%), Magnesium: 54.78mg (13.69%), Iron: 1.78mg (9.88%), Vitamin K: 8.6µg (8.19%), Vitamin D: 1.07µg (7.14%), Calcium: 70.88mg (7.09%), Fiber: 0.62g (2.48%), Folate: 5.37µg (1.34%)