



 **63%**
HEALTH SCORE

French Pork Chops

 Very Healthy

READY IN



260 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons butter
- 8 ounce button mushrooms fresh sliced
- 15 ounce .5 can cannellini beans drained canned (recommended: Progresso)
- 15 ounce canned tomatoes whole peeled canned (recommended: Muir Glen)
- 14 ounce carrots frozen sliced
- 10.8 ounce condensed cream of potato soup canned (recommended: Campbell's)
- 0.3 cup dijon mustard
- 3 tablespoons cooking sherry dry (recommended: Christian Stockers)

- 1 tablespoon herbs de provence divided
- 1 tablespoon freshly parsley leaves chopped
- 4 pork loin chops thick-cut boneless dry rinsed
- 4 servings salt and pepper black freshly ground
- 3 tablespoons seasoned bread crumbs
- 1 tablespoon tomato paste

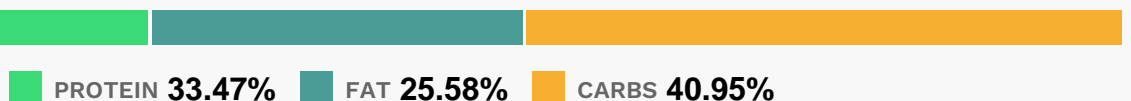
Equipment

- bowl
- frying pan
- slow cooker

Directions

- Combine carrots, mushrooms, tomatoes, and beans in the bottom of a 5-quart slow cooker.
- Season pork chops with salt, pepper, and 1 tablespoon of herbs de Provence.
- Place in slow cooker on top of vegetables.
- In a small bowl, combine potato soup, Dijon mustard, tomato paste, sherry, and 1 teaspoon of herbs de Provence.
- Pour over pork chops.
- Cover and cook on low setting for 4 to 6 hours.
- In a saute pan over medium-high heat, melt butter. When butter is melted and foam subsides, add bread crumbs and stir constantly until toasted.
- Serve pork chops and vegetables sprinkled with bread crumbs and parsley.

Nutrition Facts



Properties

Glycemic Index:78.96, Glycemic Load:9.35, Inflammation Score:-10, Nutrition Score:44.916086860325%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 517.09kcal (25.85%), Fat: 14.68g (22.58%), Saturated Fat: 5.64g (35.28%), Carbohydrates: 52.89g (17.63%), Net Carbohydrates: 41.44g (15.07%), Sugar: 11.23g (12.47%), Cholesterol: 99.04mg (33.01%), Sodium: 1074.66mg (46.72%), Alcohol: 1.16g (100%), Alcohol %: 0.24% (100%), Protein: 43.21g (86.42%), Vitamin A: 17029.59IU (340.59%), Selenium: 60.42µg (86.32%), Vitamin B1: 1.29mg (85.81%), Vitamin B3: 15.68mg (78.4%), Vitamin B6: 1.43mg (71.7%), Manganese: 1.29mg (64.64%), Phosphorus: 570.24mg (57.02%), Vitamin K: 58.17µg (55.4%), Potassium: 1868.02mg (53.37%), Fiber: 11.44g (45.78%), Iron: 7.82mg (43.47%), Vitamin B2: 0.71mg (41.68%), Copper: 0.83mg (41.43%), Magnesium: 135.17mg (33.79%), Zinc: 4.65mg (31.01%), Folate: 122.58µg (30.65%), Vitamin B5: 3.06mg (30.62%), Vitamin C: 19.9mg (24.12%), Calcium: 213.81mg (21.38%), Vitamin E: 2.84mg (18.92%), Vitamin B12: 0.79µg (13.23%), Vitamin D: 0.65µg (4.33%)