



Glorified Onion Pork Chops



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned
- ☐ 1 medium onion sliced
- ☐ 6 pork chops
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water

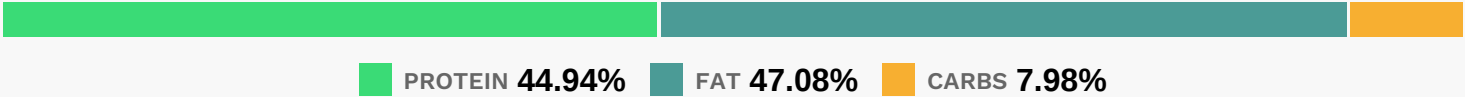
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in skillet. Cook chops 10 minutes or until browned.
- ☐ Add onion and cook until tender.
- ☐ Add soup and water.
- ☐ Heat to a boil. Cover and cook over low heat 5 minutes or until chops are done.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:17.377391467924%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 271.64kcal (13.58%), Fat: 13.85g (21.31%), Saturated Fat: 4.21g (26.28%), Carbohydrates: 5.28g (1.76%), Net Carbohydrates: 4.67g (1.7%), Sugar: 1.46g (1.63%), Cholesterol: 95.37mg (31.79%), Sodium: 328.13mg (14.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.75g (59.5%), Selenium: 45.36µg (64.8%), Vitamin B1: 0.91mg (60.93%), Vitamin B3: 10.86mg (54.3%), Vitamin B6: 1mg (50%), Phosphorus: 323.39mg (32.34%), Potassium: 576.36mg (16.47%), Vitamin B2: 0.27mg (16.04%), Vitamin B5: 1.46mg (14.64%), Zinc: 2.17mg (14.47%), Vitamin K: 12.98µg (12.36%), Vitamin B12: 0.73µg (12.18%), Magnesium: 39.41mg (9.85%), Copper: 0.14mg (7.14%), Vitamin E: 1.07mg (7.13%), Manganese: 0.13mg (6.73%), Iron: 0.96mg (5.35%), Vitamin D: 0.54µg (3.57%), Calcium: 30.44mg (3.04%), Vitamin A: 148.96IU (2.98%), Fiber: 0.62g (2.47%), Vitamin C: 1.46mg (1.77%), Folate: 4.5µg (1.12%)