



Golden Mushroom Pork & Apples

 **Gluten Free**  **Dairy Free**

READY IN



550 min.

SERVINGS



8

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 21.5 ounce campbell's® condensed golden mushroom soup canned
- 4 large granny smith apples sliced
- 2 large onions sliced
- 8 pork chops boneless
- 1 teaspoon thyme leaves dried crushed
- 0.5 cup water
- 1 tablespoon worcestershire sauce

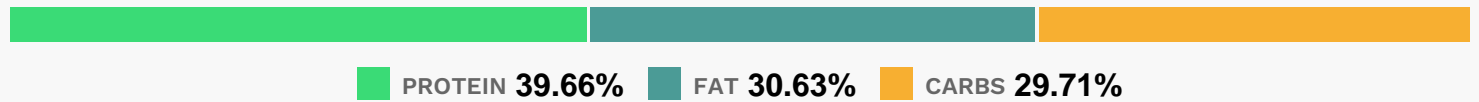
Equipment

slow cooker

Directions

- Mix soup, water, sugar, Worcestershire and thyme in slow cooker.
- Add pork, apples and onions.
- Cover and cook on LOW 8 to 9 hours or until done.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:4.85, Inflammation Score:-6, Nutrition Score:19.872173656588%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg, Quercetin: 12.08mg

Nutrients (% of daily need)

Calories: 334.74kcal (16.74%), Fat: 11.36g (17.48%), Saturated Fat: 4.25g (26.53%), Carbohydrates: 24.79g (8.26%), Net Carbohydrates: 21.29g (7.74%), Sugar: 14.85g (16.5%), Cholesterol: 93.59mg (31.2%), Sodium: 635.92mg (27.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.1g (66.2%), Selenium: 44.57µg (63.67%), Vitamin B1: 0.95mg (63.12%), Vitamin B3: 11.56mg (57.78%), Vitamin B6: 1.1mg (54.78%), Phosphorus: 349.67mg (34.97%), Potassium: 790.39mg (22.58%), Zinc: 3.03mg (20.23%), Vitamin B2: 0.34mg (19.8%), Manganese: 0.33mg (16.53%), Copper: 0.28mg (14.04%), Fiber: 3.5g (14%), Vitamin B12: 0.83µg (13.87%), Magnesium: 50.46mg (12.61%), Vitamin B5: 1.24mg (12.36%), Vitamin C: 8.58mg (10.4%), Iron: 1.58mg (8.79%), Folate: 16.1µg (4.03%), Vitamin D: 0.54µg

(3.57%), Calcium: 32.72mg (3.27%), Vitamin E: 0.38mg (2.56%), Vitamin K: 2.62µg (2.5%), Vitamin A: 79.88IU (1.6%)