

Golden Pork Chops

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

READY IN



75 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 21.5 ounce cream of mushroom soup canned
- 0.5 cup mushrooms fresh sliced
- 1 onion chopped
- 6 pork chops
- 0.3 teaspoon lawry's seasoned salt

Equipment

- bowl

- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Rinse pork chops, pat dry, and season with seasoned salt and pepper.
- Place them in a 9x13 inch baking dish. In a separate small bowl, combine the onion, mushrooms and soup.
- Mix together well and spoon over the chops.
- Cover, and bake at 375 degrees F (190 degrees C) for 45 minutes. Uncover, and bake for 15 more minutes. (Note: Time could be less or more depending on the thickness of the chops.) Pork chops are done when their internal temperature has reached 145 degrees F (63 degrees C).

Nutrition Facts

PROTEIN 50.13% **FAT 39.09%** **CARBS 10.78%**

Properties

Glycemic Index:15.17, Glycemic Load:0.45, Inflammation Score:-3, Nutrition Score:18.652173884861%

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: 278.97kcal (13.95%), Fat: 11.79g (18.13%), Saturated Fat: 4.51g (28.22%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.69g (2.43%), Sugar: 0.94g (1.04%), Cholesterol: 94.86mg (31.62%), Sodium: 882.61mg (38.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.01g (68.01%), Selenium: 45.19µg (64.56%), Vitamin B1: 0.93mg (61.94%), Vitamin B3: 11.93mg (59.65%), Vitamin B6: 1.04mg (52.2%), Phosphorus: 344.63mg (34.46%), Zinc: 3.27mg (21.79%), Vitamin B2: 0.35mg (20.36%), Potassium: 681.15mg (19.46%), Manganese: 0.35mg (17.62%), Copper: 0.31mg (15.6%), Vitamin B12: 0.88µg (14.6%), Vitamin B5: 1.31mg (13.11%), Magnesium: 44.65mg (11.16%), Iron: 1.47mg (8.16%), Vitamin D: 0.55µg (3.68%), Folate: 11.97µg (2.99%), Fiber: 0.62g (2.46%), Vitamin C: 1.52mg (1.85%), Calcium: 18.33mg (1.83%), Vitamin E: 0.18mg (1.2%)