

Gravy Baked Pork Chops

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 10.8 ounce cream of mushroom soup canned
- 0.8 cup milk
- 4 pork chops
- 4 servings salt and pepper to taste
- 0.3 cup water

Equipment

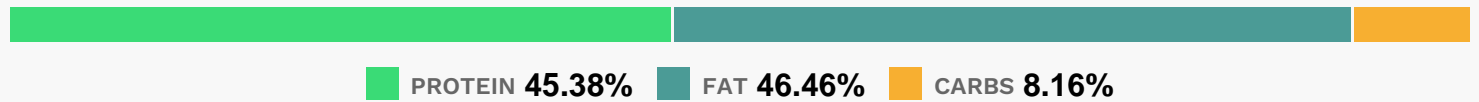
- bowl

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Season pork chops with salt and pepper to taste. Melt the butter in a large skillet over medium high heat.
- Saute the pork chops in the butter for about 5 minutes per side.
- In a separate medium bowl, combine the milk, water and soup.
- Place the pork chops in a 9x13 inch baking dish and pour the soup mixture over the chops.
- Bake at 350 degrees F (175 degrees C) for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:18.605652384136%

Nutrients (% of daily need)

Calories: 306.72kcal (15.34%), Fat: 15.43g (23.74%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 5.95g (2.16%), Sugar: 2.2g (2.45%), Cholesterol: 106.6mg (35.53%), Sodium: 838.92mg (36.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.82%), Selenium: 45.26µg (64.66%), Vitamin B1: 0.93mg (62.32%), Vitamin B3: 11.44mg (57.2%), Vitamin B6: 1.03mg (51.57%), Phosphorus: 371.98mg (37.2%), Vitamin B2: 0.36mg (21.06%), Zinc: 3.11mg (20.72%), Potassium: 665.32mg (19.01%), Vitamin B12: 1.09µg (18.09%), Vitamin B5: 1.29mg (12.93%), Manganese: 0.24mg (12.01%), Copper: 0.23mg (11.52%), Magnesium: 45.89mg (11.47%), Calcium: 70.1mg (7.01%), Vitamin D: 1.04µg (6.93%), Iron: 1.21mg (6.7%), Vitamin A: 166.94IU (3.34%), Vitamin E: 0.28mg (1.86%), Folate: 5.44µg (1.36%)