



Hash Brown and Pork Chop Casserole

 Gluten Free

READY IN



75 min.

SERVINGS



5

CALORIES



611 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce campbell's® condensed cream of celery soup canned
- 2 pound hash brown potatoes frozen
- 0.5 cup milk
- 1 cup onion chopped
- 5 pork chops
- 1 cup cheddar cheese shredded
- 1 cup cup heavy whipping cream sour

Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large skillet over medium high heat, brown pork chops on both sides and set aside.
- In a large bowl, combine the sour cream, soup and milk.
- Add the hash browns and chopped onion; stir to coat.
- Place mixture in a 13x9-inch baking dish and sprinkle the cheese over the top.
- Place the browned pork chops on top.
- Bake in the preheated oven for 50 minutes or until the potatoes are heated through and pork chops are fully cooked.

Nutrition Facts



Properties

Glycemic Index:24.6, Glycemic Load:10.42, Inflammation Score:-7, Nutrition Score:28.853043390357%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 611.09kcal (30.55%), Fat: 30.56g (47.02%), Saturated Fat: 13.71g (85.71%), Carbohydrates: 43.24g (14.42%), Net Carbohydrates: 39.8g (14.47%), Sugar: 5g (5.55%), Cholesterol: 149.15mg (49.72%), Sodium: 591.36mg (25.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.96g (81.92%), Selenium: 54.72µg (78.17%), Vitamin B1: 1.13mg (75.2%), Vitamin B3: 14mg (70.01%), Vitamin B6: 1.22mg (61.23%), Phosphorus: 578.79mg (57.88%), Potassium: 1234.87mg (35.28%), Vitamin B2: 0.52mg (30.37%), Calcium: 290.64mg (29.06%), Vitamin B5: 2.5mg (24.99%), Zinc: 3.67mg (24.45%), Manganese: 0.45mg (22.29%), Vitamin C: 17.78mg (21.55%), Vitamin B12: 1.2µg

(20.04%), Magnesium: 74.68mg (18.67%), Copper: 0.35mg (17.6%), Iron: 2.89mg (16.05%), Vitamin A: 730.44IU (14.61%), Fiber: 3.45g (13.8%), Vitamin K: 11.92µg (11.35%), Vitamin E: 1.38mg (9.23%), Vitamin D: 0.94µg (6.27%), Folate: 22.06µg (5.52%)