Hashbrown-Pork Chop Casserole

Gluten Free

READY IN	SERVINGS	CALORIES
45 min.	5	568 kcal

SIDE DISH | LUNCH | MAIN COURSE | MAIN DISH

Ingredients

- [ ] 5 pork chops bone-in
- [ ] 10.8 oz campbell's® condensed cream of celery soup canned
- [ ] 0.5 cup milk
- [ ] 1 tablespoon cooking oil
- [ ] 1 cup onion chopped
- [ ] 1 cup cheddar cheese shredded
- [ ] 1 cup cream sour
- [ ] 32 oz frangelico shredded frozen thawed

- [ ] 32 oz frangelico shredded frozen thawed

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] oven
- [ ] baking pan

Directions

- [ ] In a large skillet over medium heat, brown pork chops on both sides in oil. Set aside.
- [ ] Combine sour cream, soup and milk in a large bowl; stir in hashbrowns and onion.
- [ ] Spread sour cream mixture in an ungreased 13"x9" baking pan and sprinkle with cheese. Top with pork chops.
- [ ] Bake, uncovered, at 375 for 45 to 50 minutes or until heated through and pork chops are fully cooked.

Nutrition Facts

PROTEIN **30.9%** FAT **61.21%** CARBS **7.89%**

Properties

Glycemic Index:18.4, Glycemic Load:1.24, Inflammation Score:-6, Nutrition Score:25.718695868617%

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: 567.52kcal (28.38%), Fat: 38.25g (58.84%), Saturated Fat: 15.41g (96.34%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.18g (3.7%), Sugar: 5g (5.55%), Cholesterol: 176.33mg (58.78%), Sodium: 580.35mg (25.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.45g (86.9%), Selenium: 67.11µg (95.87%), Vitamin B6: 1.28mg (63.76%), Vitamin B1: 0.88mg (58.68%), Vitamin B3: 11.5mg (57.49%), Phosphorus: 544.93mg (54.49%), Vitamin B2: 0.56mg (33.14%), Calcium: 295.32mg (29.53%), Zinc: 4.21mg (28.06%), Vitamin B12: 1.39µg (23.18%), Potassium:

799.34mg (22.84%), Vitamin B5: 2.13mg (21.32%), Magnesium: 62.25mg (15.56%), Vitamin A: 735.25IU (14.71%), Vitamin K: 13.91µg (13.25%), Vitamin E: 1.9mg (12.69%), Copper: 0.2mg (10.21%), Manganese: 0.18mg (9.17%), Iron: 1.51mg (8.38%), Vitamin D: 1.25µg (8.34%), Folate: 14.81µg (3.7%), Fiber: 0.91g (3.64%), Vitamin C: 2.9mg (3.52%)