



Healthier Baked Pork Chops I

READY IN



120 min.

SERVINGS



6

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 2 eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup non-fat milk
- ☐ 6 pork chops
- ☐ 2 cups seasoned bread crumbs italian-style
- ☐ 1 teaspoon seasoning salt
- ☐ 0.1 cup white wine

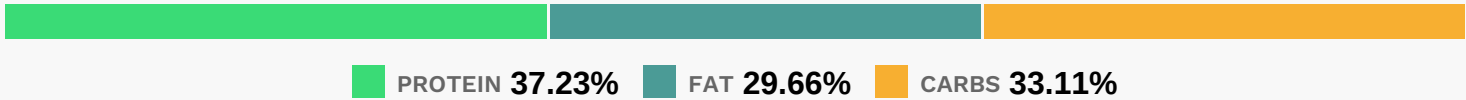
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Rinse pork chops, pat dry, and season with garlic powder and seasoning salt to taste. Gently press pork into flour to coat and shake off excess flour. Dip into beaten egg, then press into bread crumbs. Gently toss between your hands so any bread crumbs that haven't stuck can fall away.
- ☐ Place breaded pork into a 9x13-inch baking dish.; do not stack.
- ☐ Bake in preheated oven to brown bread crumbs, about 10 minutes. Cover with aluminum foil and bake for 1 hour.
- ☐ While baking, combine cream of mushroom soup, milk, and white wine in a bowl. After pork chops have baked for one hour, cover with soup mixture. Replace foil and bake until sauce is hot and bubbly and pork juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (71 degrees C).

Nutrition Facts



Properties

Glycemic Index:21.38, Glycemic Load:3.24, Inflammation Score:-5, Nutrition Score:26.644347911296%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 444.51kcal (22.23%), Fat: 14.18g (21.81%), Saturated Fat: 4.93g (30.8%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 33.36g (12.13%), Sugar: 3.46g (3.84%), Cholesterol: 147.89mg (49.3%), Sodium: 1376.27mg (59.84%), Alcohol: 0.51g (100%), Alcohol %: 0.24% (100%), Protein: 40.04g (80.08%), Vitamin B1: 1.35mg (89.93%), Selenium: 61.04µg (87.19%), Vitamin B3: 13.98mg (69.89%), Vitamin B6: 1.11mg (55.57%), Phosphorus: 447.85mg (44.79%), Vitamin B2: 0.57mg (33.25%), Manganese: 0.61mg (30.37%), Zinc: 3.55mg (23.65%), Potassium: 725.72mg (20.73%), Vitamin B12: 1.18µg (19.67%), Iron: 3.54mg (19.65%), Vitamin K: 18.48µg (17.6%), Folate: 68.27µg (17.07%), Vitamin B5: 1.65mg (16.46%), Magnesium: 63.05mg (15.76%), Copper: 0.3mg (14.79%), Calcium: 121.24mg (12.12%), Fiber: 2.25g (8.99%), Vitamin D: 1.05µg (7.03%), Vitamin A: 203.41IU (4.07%), Vitamin E: 0.44mg (2.92%), Vitamin C: 1.09mg (1.32%)