



Healthier Golden Pork Chops



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon cornstarch
- ☐ 10.8 ounce natural cream of mushroom soup canned
- ☐ 2 cups mushrooms fresh sliced
- ☐ 1 onion chopped
- ☐ 6 pork chops
- ☐ 0.3 teaspoon lawry's seasoned salt

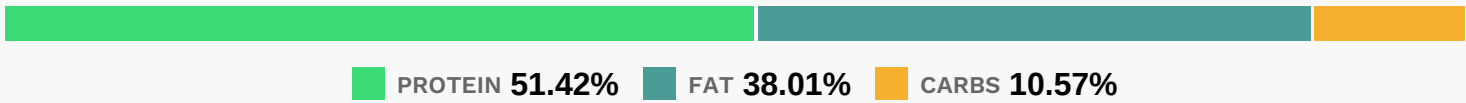
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ 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.
- ☐ Combine onion, mushrooms, and soup in a separate small bowl.
- ☐ Mix together and spoon over chops.
- ☐ Cover and bake in preheated oven for 45 minutes. Uncover and bake for 15 more minutes. (Note: Time could be less or more depending on thickness of chops.) Pork chops are done with their internal temperature has reached 160 degrees F (70 degrees C).
- ☐ Pour sauce into a medium pot and bring to a simmer.
- ☐ Whisk together cornstarch and 1/2 cup of sauce in a small bowl.
- ☐ Whisk into pot and simmer until thickened, about 2 minutes longer.
- ☐ Serve with pork chops.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:18.703478308152%

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: 258.35kcal (12.92%), Fat: 10.65g (16.38%), Saturated Fat: 3.92g (24.48%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 5.9g (2.15%), Sugar: 1.41g (1.57%), Cholesterol: 92.32mg (30.77%), Sodium: 523.81mg (22.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.42g (64.83%), Selenium: 47.46µg (67.8%), Vitamin B1: 0.94mg (62.56%), Vitamin B3: 12.34mg (61.69%), Vitamin B6: 1.05mg (52.43%), Phosphorus: 350.71mg (35.07%), Vitamin B2: 0.41mg (24.24%), Potassium: 693.51mg (19.81%), Zinc: 2.84mg (18.9%), Vitamin B5: 1.57mg (15.73%), Copper: 0.29mg (14.37%), Vitamin B12: 0.8µg (13.4%), Magnesium: 43.29mg (10.82%), Manganese: 0.21mg (10.6%), Iron: 1.24mg (6.88%), Vitamin D: 0.6µg (4%), Folate: 12.49µg (3.12%), Fiber: 0.77g (3.07%), Vitamin C: 2.03mg (2.46%), Calcium: 17.04mg (1.7%), Vitamin E: 0.18mg (1.21%)