



Healthified Smothered Pork Chops

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon canola oil
- 10.8 oz cream of mushroom soup fat-free 98% 45% with less sodium canned
- 8 oz mushrooms fresh sliced (3 cups)
- 0.5 teaspoon soy sauce reduced-sodium
- 0.5 cup onion chopped (1 medium)
- 0.1 teaspoon pepper
- 24 oz pork loin boneless
- 0.5 cup cream fat-free sour

- 0.3 teaspoon thyme leaves dried
- 0.3 cup water

Equipment

- frying pan

Directions

- Trim any visible fat from pork chops.
- Heat 12-inch nonstick skillet over medium-high heat.
- Add pork chops; cook about 4 minutes on each side or until slightly browned.
- Remove pork chops from skillet; set aside.
- In same skillet, heat oil over medium heat.
- Add onion and mushrooms; cook 3 minutes, stirring frequently.
- Stir in soup, water, soy sauce, sage and pepper until well mixed.
- Heat to boiling. Return pork chops to skillet; spoon some of the sauce over pork. Reduce heat; cover and simmer 12 to 15 minutes, stirring and turning pork chops occasionally, until pork is no longer pink in center.
- Stir in sour cream until well blended and smooth. Cook, stirring constantly, just until hot.
- Serve pork chops with mushroom mixture.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:15.747826184915%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 214.82kcal (10.74%), Fat: 6.64g (10.21%), Saturated Fat: 2.1g (13.12%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 7.45g (2.71%), Sugar: 1.39g (1.55%), Cholesterol: 75.71mg (25.24%), Sodium: 460.64mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.36%), Selenium: 36.01µg (51.45%), Vitamin B6: 0.94mg (46.83%), Vitamin B3: 8.37mg (41.86%), Vitamin B1: 0.56mg (37.15%), Phosphorus: 325.3mg (32.53%), Vitamin B2: 0.43mg (25.19%), Zinc: 2.92mg (19.47%), Potassium: 655.03mg (18.72%), Vitamin B5: 1.53mg (15.26%), Copper: 0.3mg (14.93%), Vitamin B12: 0.73µg (12.2%), Manganese: 0.2mg (10.19%), Magnesium: 40.28mg (10.07%), Iron: 1.21mg (6.72%), Folate: 14.85µg (3.71%), Calcium: 36.8mg (3.68%), Vitamin D: 0.53µg (3.53%), Fiber: 0.73g (2.93%), Vitamin C: 1.91mg (2.32%), Vitamin E: 0.27mg (1.82%), Vitamin A: 53.33IU (1.07%)