



 37%  
HEALTH SCORE

## Minnesota Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



140 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 ounce mushrooms canned
- 1 tablespoon chicken soup base
- 10.8 ounce cream of mushroom soup canned
- 6 pork chops
- 4 servings salt and pepper to taste
- 1.5 cups water
- 1 cup rice wild uncooked

### Equipment

- frying pan
- oven
- casserole dish
- aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a skillet with a small amount of oil, brown the chops seasoned with salt and pepper. Spray a large 9x13 inch casserole dish with nonstick spray.
- Sprinkle the washed rice evenly in bottom of dish.
- Add water and mushrooms.
- Sprinkle with chicken bullion. Arrange the chops on top and spoon soup over chops and rice. Cover casserole with aluminum foil and seal tightly.
- Bake for 1 1/2 hours to 2 hours or until rice and chops are tender.

## Nutrition Facts

**PROTEIN 42.09%** **FAT 29.03%** **CARBS 28.88%**

## Properties

Glycemic Index:14, Glycemic Load:15.39, Inflammation Score:-6, Nutrition Score:33.417391583485%

## Nutrients (% of daily need)

Calories: 518.34kcal (25.92%), Fat: 16.55g (25.46%), Saturated Fat: 5.97g (37.28%), Carbohydrates: 37.03g (12.34%), Net Carbohydrates: 33.04g (12.01%), Sugar: 2.54g (2.83%), Cholesterol: 138.64mg (46.21%), Sodium: 1377.1mg (59.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.98g (107.96%), Vitamin B3: 20.37mg (101.84%), Selenium: 70.33µg (100.47%), Vitamin B1: 1.45mg (96.76%), Vitamin B6: 1.68mg (84.1%), Phosphorus: 689.05mg (68.91%), Zinc: 6.76mg (45.04%), Manganese: 0.83mg (41.27%), Magnesium: 138.49mg (34.62%), Vitamin B2: 0.54mg (31.74%), Potassium: 1093.57mg (31.24%), Copper: 0.62mg (31.11%), Vitamin B5: 2.5mg (25.03%), Vitamin B12: 1.19µg (19.85%), Fiber: 3.99g (15.97%), Iron: 2.78mg (15.47%), Folate: 50.54µg (12.63%), Vitamin D: 0.92µg (6.12%), Vitamin E: 0.6mg (4%), Calcium: 36.87mg (3.69%)