



## Moist Baked Breaded Pork Chops in Mushroom Gravy

READY IN



105 min.

SERVINGS



6

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 10 ounce mushrooms drained sliced well canned
- ☐ 21.5 ounce cream of mushroom soup undiluted canned
- ☐ 0.3 cup cooking wine dry white (can use 3 tablespoons more)
- ☐ 2 large eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper fresh black

- ☐ 2 cups seasoned bread crumbs dry italian (see Kittencal's Seasoned Breadcrumbs)
- ☐ 0.8 cup milk
- ☐ 2 tablespoons oil
- ☐ 6 pork chops (do not use fast-fry pork chops)
- ☐ 1 teaspoon seasoning salt

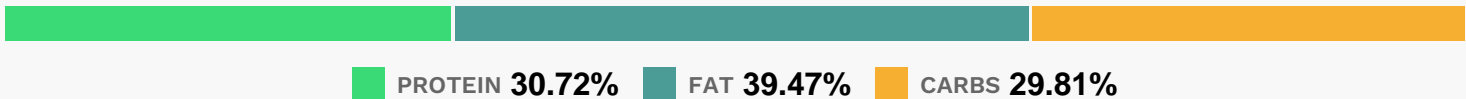
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

## Directions

- ☐ Grease a 13 x 9-inch baking dish.2 Pat the pork chops dry using paper towels, then season with seasoned salt and garlic powder pepper.3
- ☐ Place the eggs in a bowl, then flour in another bowl and the breadcrumbs in another bowl.4
- ☐ Heat oil and butter in a skillet over medium heat.5 Dredge the pork chops firstly in flour then in eggs allowing any excess egg to drip off.6 Lastly coat in seasoned breadcrumbs.7 Brown the pork chops in hot oil about 4–5 minutes per side or until the breading is light golden brown.8
- ☐ Transfer the chops to the baking dish.9 Cover with foil.10 Set oven to 350 degrees F.11
- ☐ Bake for about 1 hour.12 Meanwhile in a bowl combine cream of mushroom soup with sliced mushrooms, milk, white wine, black pepper and cayenne pepper (if using).13 After the 1 hour baking pour the mushroom gravy over the pork chops, then sprinkle with Parmesan cheese.14 Replace the foil and bake for another 25–30 minutes or until chops are tender.

## Nutrition Facts



## Properties

Glycemic Index:35.83, Glycemic Load:4.47, Inflammation Score:-6, Nutrition Score:31.255217360414%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 589.81kcal (29.49%), Fat: 25.16g (38.7%), Saturated Fat: 8.92g (55.76%), Carbohydrates: 42.75g (14.25%), Net Carbohydrates: 39.17g (14.25%), Sugar: 5.09g (5.66%), Cholesterol: 170.95mg (56.98%), Sodium: 1973.75mg (85.82%), Alcohol: 1.37g (100%), Alcohol %: 0.43% (100%), Protein: 44.05g (88.1%), Vitamin B1: 1.42mg (94.68%), Selenium: 64.41µg (92.01%), Vitamin B3: 15.31mg (76.56%), Vitamin B6: 1.18mg (58.81%), Phosphorus: 511.44mg (51.14%), Manganese: 0.84mg (42.22%), Vitamin B2: 0.64mg (37.76%), Zinc: 4.53mg (30.22%), Copper: 0.51mg (25.74%), Potassium: 876.2mg (25.03%), Iron: 4.42mg (24.56%), Vitamin B12: 1.33µg (22.23%), Vitamin B5: 2.22mg (22.16%), Vitamin K: 22.54µg (21.47%), Folate: 81.46µg (20.36%), Magnesium: 76.73mg (19.18%), Calcium: 143.02mg (14.3%), Fiber: 3.57g (14.29%), Vitamin E: 1.41mg (9.38%), Vitamin D: 1.3µg (8.66%), Vitamin A: 339.5IU (6.79%), Vitamin C: 1.09mg (1.32%)