



Mom's Corny Pork Chops



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce regular corn cream-style canned
- ☐ 3 cloves garlic minced
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup onion minced
- ☐ 32 ounce pork chops
- ☐ 0.5 cup water

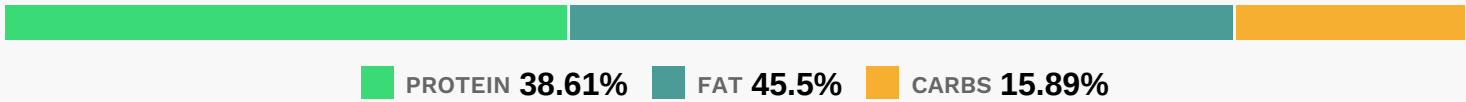
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Heat olive oil in a large skillet over medium heat, and stir in the garlic. Season chops with salt and black pepper. Pan fry until browned on both sides, about 5 minutes per side.
- ☐ Place the chops into the prepared baking dish, and scatter the onions over the chops.
- ☐ Pour water into the skillet, and bring to a boil over medium heat. Scrape up and dissolve all the juices and browned flavor bits from the skillet into the water.
- ☐ Pour the mixture over the pork chops.
- ☐ Spread creamed corn evenly over the pork chops.
- ☐ Bake the pork chops in the preheated oven until the pork is tender and no longer pink in the middle, about 45 minutes. An instant-read meat thermometer inserted into the center of a chop should read 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.43, Inflammation Score:-5, Nutrition Score:28.922608976779%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 528.5kcal (26.43%), Fat: 26.71g (41.09%), Saturated Fat: 7.08g (44.26%), Carbohydrates: 20.98g (6.99%), Net Carbohydrates: 19.47g (7.08%), Sugar: 3.88g (4.31%), Cholesterol: 151.95mg (50.65%), Sodium: 388.82mg

(16.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.99g (101.98%), Selenium: 75.87µg (108.38%), Vitamin B1: 1.55mg (103.16%), Vitamin B3: 19.17mg (95.83%), Vitamin B6: 1.75mg (87.69%), Phosphorus: 573.28mg (57.33%), Potassium: 1013.46mg (28.96%), Vitamin B2: 0.48mg (28.31%), Zinc: 4.13mg (27.51%), Vitamin B12: 1.2µg (20.03%), Magnesium: 79.07mg (19.77%), Vitamin B5: 1.87mg (18.67%), Vitamin E: 1.89mg (12.57%), Folate: 47.7µg (11.92%), Copper: 0.2mg (9.95%), Iron: 1.67mg (9.25%), Manganese: 0.15mg (7.57%), Vitamin C: 5.8mg (7.03%), Vitamin K: 6.56µg (6.25%), Fiber: 1.52g (6.07%), Vitamin D: 0.91µg (6.05%), Calcium: 26.87mg (2.69%), Vitamin A: 88.69IU (1.77%)