



# Mushion Pork

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**265 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 onion chopped
- 4 pork chops
- 0.7 cup water

## Equipment

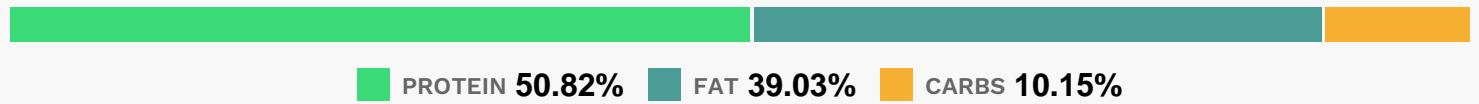
- bowl
- oven
- baking pan

aluminum foil

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place pork chops in a 9x13 inch baking dish. In a medium bowl combine the soup, onion and water.
- Mix well and pour mixture over pork chops. Cover dish with aluminum foil and bake in the preheated oven for 45 minutes.
- Remove cover and bake for another 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:6.75, Glycemic Load:0.57, Inflammation Score:-3, Nutrition Score:17.676956569371%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 265.18kcal (13.26%), Fat: 11.16g (17.16%), Saturated Fat: 4.21g (26.31%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 5.91g (2.15%), Sugar: 1.17g (1.3%), Cholesterol: 93.59mg (31.2%), Sodium: 607.57mg (26.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.68g (65.37%), Selenium: 44.49µg (63.56%), Vitamin B1: 0.92mg (61.44%), Vitamin B3: 11.42mg (57.11%), Vitamin B6: 1.04mg (51.82%), Phosphorus: 332.91mg (33.29%), Zinc: 2.97mg (19.77%), Potassium: 635.97mg (18.17%), Vitamin B2: 0.3mg (17.71%), Vitamin B12: 0.83µg (13.87%), Manganese: 0.27mg (13.67%), Copper: 0.24mg (12.22%), Vitamin B5: 1.15mg (11.53%), Magnesium: 43.32mg (10.83%), Iron: 1.26mg (7.01%), Vitamin D: 0.54µg (3.57%), Folate: 10.56µg (2.64%), Fiber: 0.62g (2.48%), Vitamin C: 2.04mg (2.47%), Calcium: 19.94mg (1.99%), Vitamin E: 0.18mg (1.2%)