



## Mushroom-Garlic Pork Chops

READY IN



25 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pork chops bone-in
- 10.8 ounce campbell's® condensed cream of mushroom with roasted garlic soup canned
- 4 servings extra wide egg noodles hot cooked
- 0.5 cup milk
- 1 tablespoon vegetable oil

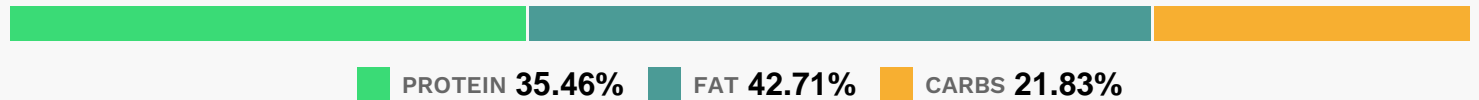
### Equipment

- frying pan

## Directions

- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the pork chops and cook until the chops are well browned on both sides.
- Remove the pork chops and set them aside.
- Stir in the soup and milk.
- Heat to a boil. Return the pork chops to the skillet and reduce the heat to low. Cover and cook for 5 minutes or until the chops are cooked through but slightly pink in the center\*.
- Serve with the noodles.

## Nutrition Facts



## Properties

Glycemic Index:22, Glycemic Load:10.72, Inflammation Score:-3, Nutrition Score:24.040869546973%

## Nutrients (% of daily need)

Calories: 500.28kcal (25.01%), Fat: 23.27g (35.8%), Saturated Fat: 7.43g (46.43%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 25.6g (9.31%), Sugar: 1.81g (2.01%), Cholesterol: 149.07mg (49.69%), Sodium: 649.25mg (28.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.47g (86.94%), Selenium: 78.19µg (111.69%), Vitamin B6: 1.27mg (63.48%), Vitamin B3: 12.28mg (61.38%), Vitamin B1: 0.88mg (58.66%), Phosphorus: 471.75mg (47.18%), Zinc: 4.52mg (30.11%), Manganese: 0.51mg (25.47%), Vitamin B2: 0.43mg (25.01%), Potassium: 755.43mg (21.58%), Vitamin B12: 1.26µg (21.02%), Magnesium: 69.22mg (17.3%), Copper: 0.34mg (17.14%), Vitamin B5: 1.68mg (16.75%), Iron: 2.11mg (11.73%), Vitamin D: 1.27µg (8.45%), Calcium: 82.97mg (8.3%), Vitamin K: 6.34µg (6.04%), Fiber: 1.17g (4.69%), Vitamin E: 0.64mg (4.28%), Folate: 11.28µg (2.82%), Vitamin A: 77.43IU (1.55%)