



Mushroom Pork Chops

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

READY IN



40 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 0.5 pound mushrooms fresh sliced
- 1 pinch garlic salt to taste
- 1 onion chopped
- 4 pork chops
- 4 servings salt and pepper to taste

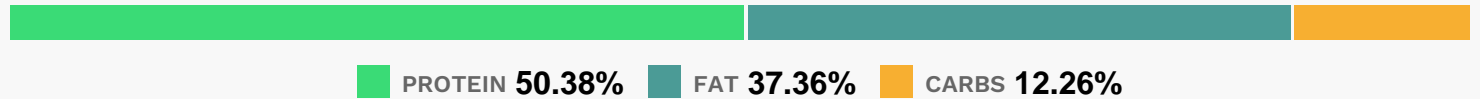
Equipment

- frying pan

Directions

- Season pork chops with salt, pepper, and garlic salt to taste.
- In a large skillet, brown the chops over medium-high heat.
- Add the onion and mushrooms, and saute for one minute.
- Pour cream of mushroom soup over chops. Cover skillet, and reduce temperature to medium-low. Simmer 20 to 30 minutes, or until chops are cooked through.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.98, Inflammation Score:-4, Nutrition Score:21.061303997817%

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

Nutrients (% of daily need)

Calories: 277.65kcal (13.88%), Fat: 11.35g (17.46%), Saturated Fat: 4.24g (26.48%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.19g (2.62%), Sugar: 2.29g (2.54%), Cholesterol: 93.59mg (31.2%), Sodium: 811.92mg (35.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.44g (68.87%), Selenium: 49.76µg (71.09%), Vitamin B3: 13.47mg (67.34%), Vitamin B1: 0.97mg (64.51%), Vitamin B6: 1.1mg (54.76%), Phosphorus: 381.67mg (38.17%), Vitamin B2: 0.53mg (31.12%), Potassium: 816.31mg (23.32%), Zinc: 3.26mg (21.71%), Copper: 0.42mg (20.93%), Vitamin B5: 2mg (20.02%), Manganese: 0.3mg (15.03%), Vitamin B12: 0.85µg (14.25%), Magnesium: 48.03mg (12.01%), Iron: 1.55mg (8.59%), Folate: 20.2µg (5.05%), Fiber: 1.19g (4.75%), Vitamin D: 0.65µg (4.33%), Vitamin C: 3.23mg (3.91%), Calcium: 20.58mg (2.06%), Vitamin E: 0.19mg (1.24%)