

Mushroom Sauce Baked Pork Chops

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 10.8 ounce cream of mushroom soup canned
- 6 servings garlic powder to taste
- 0.3 teaspoon ground pepper black
- 1.3 cups milk
- 2 large onions finely chopped
- 6 pork chops
- 4 cups potatoes thinly sliced

1 teaspoon salt

Equipment

frying pan

oven

baking pan

Directions

Preheat oven to 350 degrees F (175 degrees C). Butter a 2 quart baking dish.

Rub pork chops with salt, pepper, and garlic powder. Melt butter in a skillet over medium-high heat, add chops, and brown on both sides.

Remove from skillet.

Place onions in skillet, and cook until browned.

Pour in mushroom soup and milk; stir until blended.

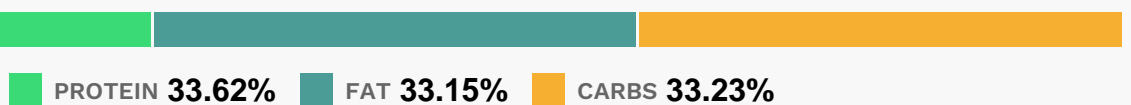
Remove from heat, and set aside.

Arrange sliced potatoes evenly in prepared baking dish. Arrange chops on top of potatoes.

Pour soup mixture over chops.

Bake, covered, for 30 minutes in the preheated oven. Uncover, and bake 30 minutes more, or until potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:39.29, Glycemic Load:19.94, Inflammation Score:-6, Nutrition Score:26.864782779113%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 11.13mg, Quercetin: 11.13mg, Quercetin: 11.13mg, Quercetin: 11.13mg

Nutrients (% of daily need)

Calories: 440.58kcal (22.03%), Fat: 16.13g (24.82%), Saturated Fat: 7.3g (45.64%), Carbohydrates: 36.38g (12.13%), Net Carbohydrates: 32.06g (11.66%), Sugar: 5.73g (6.37%), Cholesterol: 108.45mg (36.15%), Sodium: 873.56mg (37.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.8g (73.61%), Vitamin B6: 1.55mg (77.36%), Vitamin B1: 1.08mg (72.05%), Selenium: 46.76µg (66.8%), Vitamin B3: 12.77mg (63.87%), Phosphorus: 476.88mg (47.69%), Potassium: 1340.57mg (38.3%), Vitamin C: 31.32mg (37.96%), Vitamin B2: 0.41mg (24.28%), Manganese: 0.48mg (24.17%), Zinc: 3.43mg (22.87%), Magnesium: 84.25mg (21.06%), Copper: 0.37mg (18.26%), Vitamin B12: 1.07µg (17.9%), Vitamin B5: 1.76mg (17.65%), Fiber: 4.32g (17.29%), Iron: 2.4mg (13.36%), Calcium: 106.34mg (10.63%), Folate: 37.02µg (9.25%), Vitamin D: 1.1µg (7.3%), Vitamin A: 208.59IU (4.17%), Vitamin K: 3.49µg (3.32%), Vitamin E: 0.35mg (2.35%)