

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

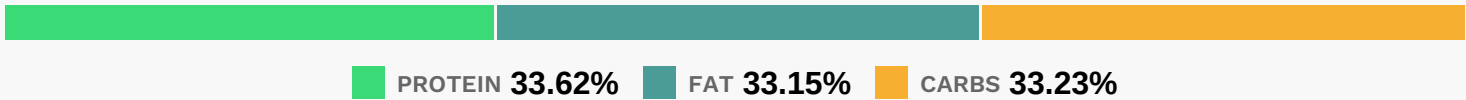
☐ oven

☐ 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: Og (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%)