

Party Pork

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 slices bacon thick cut into strips
- 8 ounce beef dried
- 21.5 ounce cream of mushroom soup canned
- 8 pork loin chops thick cut
- 8 ounces cream sour

Equipment

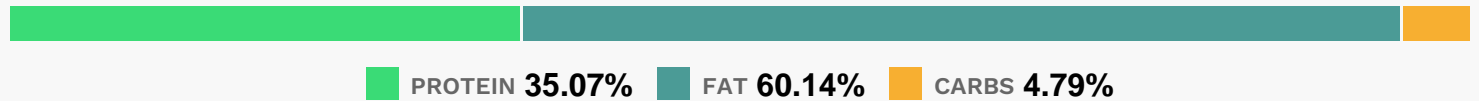
- bowl
- oven

- baking pan
- toothpicks

Directions

- Preheat oven to 275 degrees F (135 degrees C).
- Cut dried beef into smaller pieces and spread in the bottom of a lightly greased 9x13 inch baking dish. Wrap each pork chop with a strip of bacon and secure with toothpicks.
- Lay wrapped pork on top of the dried beef.
- In a medium bowl mix together the soup and sour cream until well blended; pour mixture on top of pork chops.
- Bake uncovered in the preheated oven for 1 to 1 1/2 hours or until internal temperature of pork has reached 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:21.563478026701%

Nutrients (% of daily need)

Calories: 474.06kcal (23.7%), Fat: 31.03g (47.74%), Saturated Fat: 12.16g (76.01%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 5.4g (1.96%), Sugar: 0.97g (1.07%), Cholesterol: 144.96mg (48.32%), Sodium: 777.92mg (33.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.72g (81.43%), Selenium: 54.08µg (77.25%), Vitamin B3: 13.5mg (67.5%), Vitamin B1: 0.99mg (65.84%), Vitamin B6: 1.16mg (58.25%), Phosphorus: 422.95mg (42.3%), Zinc: 4.45mg (29.69%), Vitamin B12: 1.61µg (26.81%), Vitamin B2: 0.4mg (23.59%), Potassium: 751.36mg (21.47%), Vitamin B5: 1.48mg (14.79%), Copper: 0.26mg (12.95%), Magnesium: 50.47mg (12.62%), Manganese: 0.25mg (12.32%), Iron: 1.86mg (10.35%), Calcium: 47.26mg (4.73%), Vitamin D: 0.65µg (4.35%), Vitamin A: 190.12IU (3.8%), Vitamin E: 0.49mg (3.29%), Folate: 9.02µg (2.25%)