



Polynesian Pork Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounces campbell's® condensed golden mushroom soup canned
- 1 teaspoon garlic powder
- 4 servings green onion sliced
- 1 tablespoon honey
- 0.5 cup onion chopped
- 8 ounces pineapple chunks undrained canned
- 4 pork chops boneless
- 2 cups regular rice long-grain white cooked

- 3 tablespoons soya sauce
- 1 tablespoon vegetable oil
- 0.3 cup water

Equipment

- frying pan

Directions

- Season the pork with the garlic powder.
- Heat the oil in a 10-inch skillet over medium-high heat.
- Add the pork and cook until it's well browned on both sides.
- Add the onion, soup, water, pineapple with juice, soy sauce and honey to the skillet and heat to a boil. Reduce the heat to low. Cook for 10 minutes or until the pork is cooked through.
- Serve the pork with the rice and sprinkle with the green onions.

Nutrition Facts



Properties

Glycemic Index:48.11, Glycemic Load:47.39, Inflammation Score:-5, Nutrition Score:27.523478409518%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 692.34kcal (34.62%), Fat: 15.25g (23.46%), Saturated Fat: 4.9g (30.63%), Carbohydrates: 94.67g (31.56%), Net Carbohydrates: 91.9g (33.42%), Sugar: 13.74g (15.27%), Cholesterol: 93.59mg (31.2%), Sodium: 1366.96mg (59.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.15g (82.31%), Selenium: 59.01µg (84.31%), Vitamin B1: 1.06mg (70.36%), Vitamin B3: 13.63mg (68.16%), Manganese: 1.36mg (67.93%), Vitamin B6: 1.27mg (63.29%), Phosphorus: 464.16mg (46.42%), Zinc: 4.13mg (27.54%), Copper: 0.53mg (26.54%), Potassium: 858.56mg (24.53%), Vitamin B2: 0.38mg (22.62%), Vitamin B5: 2.15mg (21.46%), Magnesium: 81.23mg (20.31%), Vitamin K: 19.25µg (18.33%), Iron: 2.62mg (14.55%), Vitamin B12: 0.83µg (13.87%), Fiber: 2.77g (11.1%), Vitamin C:

7.97mg (9.66%), Folate: 26.1µg (6.52%), Calcium: 60.37mg (6.04%), Vitamin E: 0.61mg (4.05%), Vitamin D: 0.54µg (3.57%), Vitamin A: 93.93IU (1.88%)