



Pork and Corn Stuffing Bake

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 0.3 cup celery finely chopped
- ☐ 10.8 ounce campbell's® condensed cream of celery soup fat free 98% canned
- ☐ 1 small onion finely chopped
- ☐ 4 pork chops boneless
- ☐ 1 teaspoon spicy brown mustard
- ☐ 1.5 cups herb seasoned stuffing pepperidge farm®
- ☐ 0.5 cup kernel corn whole

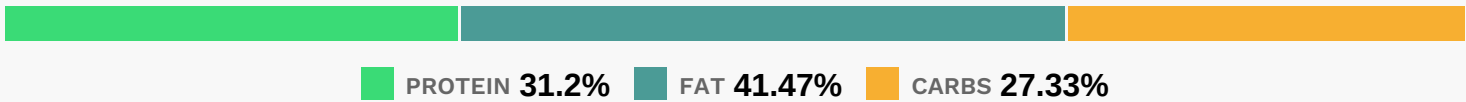
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Stir the stuffing, soup, corn, onion and celery in a medium bowl. Spoon the stuffing mixture into a greased 9-inch pie plate. Top with the pork.
- ☐ Stir the brown sugar and mustard in a small bowl until the mixture is smooth.
- ☐ Spread the mixture on the pork.
- ☐ Bake at 400 degrees F for 30 minutes or until the pork is cooked through.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:23.687825959662%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 429.23kcal (21.46%), Fat: 19.49g (29.98%), Saturated Fat: 5.49g (34.32%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 25.82g (9.39%), Sugar: 6.37g (7.07%), Cholesterol: 98.16mg (32.72%), Sodium: 867.61mg (37.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.97%), Selenium: 83.65µg (119.5%), Vitamin B1: 1.03mg (68.52%), Vitamin B3: 12.21mg (61.05%), Vitamin B6: 1.04mg (51.91%), Phosphorus: 372.94mg (37.29%), Vitamin K: 25.32µg (24.11%), Vitamin B2: 0.37mg (21.75%), Potassium: 699.56mg (19.99%), Vitamin B5: 1.78mg (17.81%), Manganese: 0.34mg (16.76%), Zinc: 2.48mg (16.52%), Vitamin E: 2.31mg (15.39%), Magnesium: 53.03mg (13.26%), Vitamin B12: 0.75µg (12.47%), Fiber: 3.08g (12.34%), Copper: 0.23mg (11.62%), Iron: 2mg (11.11%), Folate: 41.93µg (10.48%), Vitamin A: 484.54IU (9.69%), Calcium: 67.96mg (6.8%), Vitamin D: 0.54µg (3.57%), Vitamin C: 1.97mg (2.38%)