



## Pork Chop and Green Bean Casserole

READY IN



75 min.

SERVINGS



4

CALORIES



500 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1.3 pounds lamb rib chops boneless
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 3 cups green beans frozen thawed (from 1-pound bag)
- 10.8 ounces campbell's® condensed cream of celery soup canned
- 4 ounces swiss cheese shredded
- 0.3 cup milk
- 2 tablespoons pimientos chopped
- 2.8 ounces bread canned

## Equipment

- bowl
- frying pan
- oven
- baking pan

## Directions

- Heat oven to 350°. Spray square baking dish, 8x8x2 inches, with cooking spray. Trim fat from pork if necessary.
- Sprinkle both sides of pork with salt and pepper.
- Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork in skillet about 10 minutes, turning once, until brown.
- Place in baking dish.
- Mix remaining ingredients except onions in medium bowl.
- Spread over pork chops.
- Bake uncovered about 50 minutes or until mixture is bubbly.
- Sprinkle onions over casserole.
- Bake uncovered 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:67.13, Glycemic Load:10.18, Inflammation Score:-8, Nutrition Score:29.788260884907%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

## Nutrients (% of daily need)

Calories: 499.99kcal (25%), Fat: 26.61g (40.94%), Saturated Fat: 11.22g (70.13%), Carbohydrates: 23.31g (7.77%), Net Carbohydrates: 19.99g (7.27%), Sugar: 5.86g (6.51%), Cholesterol: 130.74mg (43.58%), Sodium: 826.43mg (35.93%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 41.42g (82.83%), Vitamin B12: 4.37µg (72.83%), Selenium: 48.09µg (68.7%), Phosphorus: 516.64mg (51.66%), Vitamin B3: 10.21mg (51.05%), Zinc: 7.22mg (48.16%), Vitamin K: 50.15µg (47.76%), Calcium: 360.72mg (36.07%), Vitamin B2: 0.6mg (35.49%), Vitamin B1: 0.41mg (27.49%), Iron: 4.58mg (25.44%), Vitamin A: 1252.15IU (25.04%), Manganese: 0.49mg (24.7%), Vitamin C: 18.02mg (21.84%), Folate: 86.02µg (21.51%), Vitamin B6: 0.42mg (21.22%), Vitamin B5: 2.07mg (20.74%), Potassium: 714.38mg (20.41%), Magnesium: 78.76mg (19.69%), Copper: 0.35mg (17.52%), Fiber: 3.33g (13.3%), Vitamin E: 1.95mg (13.02%), Vitamin D: 0.22µg (1.49%)