



Pork Chop and Potato Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



5

CALORIES



570 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 cup milk
- 0.5 cup onion chopped
- 6 pork chops boneless
- 4 potatoes thinly sliced
- 1 cup cheddar cheese shredded
- 1 tablespoon vegetable oil

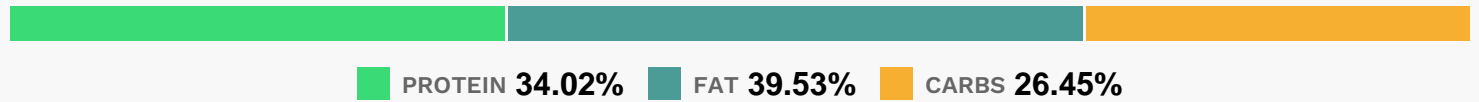
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Heat oil in a large skillet over medium high-heat.
- Place the pork chops in the oil, and sear.
- In a medium bowl, combine the soup and the milk. Arrange the potatoes and onions in a 9x13 inch baking dish.
- Place the browned chops over the potatoes and onions, then pour the soup mixture over all.
- Bake 30 minutes in the preheated oven. Top with the cheese, and bake for 30 more minutes.

Nutrition Facts



Properties

Glycemic Index:35.15, Glycemic Load:23.14, Inflammation Score:-6, Nutrition Score:32.950869249261%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg, Quercetin: 4.44mg

Nutrients (% of daily need)

Calories: 569.56kcal (28.48%), Fat: 24.76g (38.09%), Saturated Fat: 10.38g (64.9%), Carbohydrates: 37.26g (12.42%), Net Carbohydrates: 33.12g (12.04%), Sugar: 4.43g (4.92%), Cholesterol: 139.24mg (46.41%), Sodium: 686.54mg (29.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.94g (95.88%), Vitamin B6: 1.76mg (87.95%), Selenium: 61.14µg (87.34%), Vitamin B1: 1.26mg (84.15%), Vitamin B3: 15.27mg (76.35%), Phosphorus: 635.65mg (63.56%), Potassium: 1507.93mg (43.08%), Vitamin C: 34.75mg (42.12%), Vitamin B2: 0.56mg (32.94%), Zinc: 4.71mg (31.42%), Calcium: 257.63mg (25.76%), Magnesium: 98.82mg (24.71%), Vitamin B12: 1.45µg (24.21%), Manganese: 0.48mg (23.98%), Vitamin B5: 2.08mg (20.84%), Copper: 0.41mg (20.51%), Fiber: 4.14g (16.57%), Iron: 2.63mg (14.61%), Folate: 39.32µg (9.83%), Vitamin D: 1.32µg (8.77%), Vitamin K: 8.99µg (8.56%), Vitamin A: 315.67IU

(6.31%), Vitamin E: 0.65mg (4.3%)