

Pork Chop and Potato Casserole

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



4

CALORIES



546 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 large baking potatoes peeled sliced
- 10.8 ounce cream of mushroom soup canned
- 4 pork chops

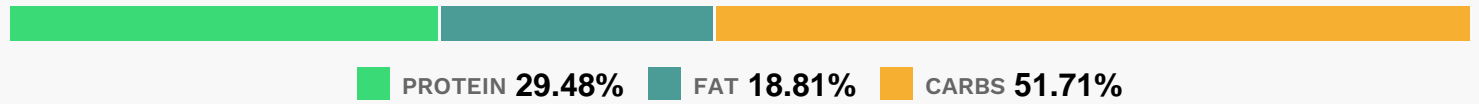
Equipment

- frying pan

Directions

- In a large skillet, brown pork chops with a little oil over medium-high heat. An electric skillet can also be used.
- Add potatoes and condensed soup. Do not dilute soup. Cover and cook for 45 minutes, or until potatoes and chops are fully cooked.

Nutrition Facts



Properties

Glycemic Index:21.19, Glycemic Load:52.44, Inflammation Score:-6, Nutrition Score:31.613478289998%

Nutrients (% of daily need)

Calories: 545.69kcal (27.28%), Fat: 11.42g (17.57%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 70.64g (23.55%), Net Carbohydrates: 65.69g (23.89%), Sugar: 2.29g (2.54%), Cholesterol: 93.59mg (31.2%), Sodium: 622.95mg (27.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.28g (80.56%), Vitamin B6: 2.28mg (113.82%), Vitamin B1: 1.21mg (80.77%), Vitamin B3: 15.21mg (76.04%), Selenium: 45.83µg (65.47%), Potassium: 2134.55mg (60.99%), Phosphorus: 527.88mg (52.79%), Manganese: 0.82mg (40.86%), Magnesium: 125.04mg (31.26%), Copper: 0.61mg (30.37%), Zinc: 3.99mg (26.57%), Vitamin C: 21.03mg (25.49%), Vitamin B2: 0.42mg (24.43%), Iron: 4.38mg (24.32%), Vitamin B5: 2.23mg (22.3%), Fiber: 4.95g (19.8%), Folate: 56.99µg (14.25%), Vitamin B12: 0.83µg (13.87%), Vitamin K: 6.64µg (6.33%), Calcium: 60.4mg (6.04%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.21mg (1.41%)