



Pork Chop and Rice Casserole

 Gluten Free

READY IN



140 min.

SERVINGS



4

CALORIES



800 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup butter
- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 1 cup rice instant uncooked
- ☐ 1 cup milk
- ☐ 4 pork chops
- ☐ 2 tablespoons vegetable oil

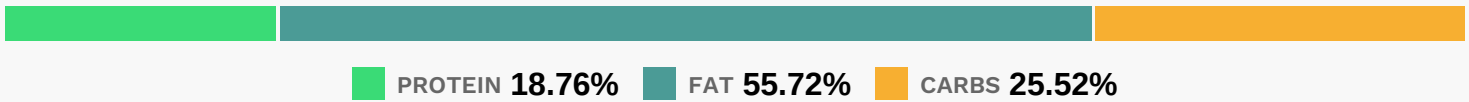
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 275 degrees F (135 degrees C).
- ☐ Heat vegetable oil in a large skillet over medium heat, and brown the pork chops on both sides, 5 to 8 minutes per side.
- ☐ Place the chops into a 9x13-inch baking dish. In a large saucepan, whisk together the cream of chicken soup, cream of celery soup, and milk until smooth. Stir in the rice, and add the butter; bring the mixture to a boil over medium heat, and stir until the butter has melted.
- ☐ Pour the rice mixture over the chops; cover the dish with foil.
- ☐ Bake in the preheated oven until tender, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:48.05, Glycemic Load:25.69, Inflammation Score:-7, Nutrition Score:26.178695602262%

Nutrients (% of daily need)

Calories: 800.1kcal (40.01%), Fat: 49.16g (75.64%), Saturated Fat: 22.27g (139.18%), Carbohydrates: 50.65g (16.88%), Net Carbohydrates: 49.6g (18.03%), Sugar: 4.45g (4.94%), Cholesterol: 172.58mg (57.53%), Sodium: 1200.25mg (52.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.47%), Selenium: 55.6µg (79.43%), Vitamin B1: 0.99mg (65.94%), Vitamin B3: 12.02mg (60.1%), Vitamin B6: 1.09mg (54.72%), Phosphorus: 470.92mg (47.09%), Manganese: 0.72mg (35.96%), Vitamin K: 30.95µg (29.48%), Vitamin B5: 2.55mg (25.49%), Vitamin B2: 0.43mg (25.24%), Vitamin A: 1166.79IU (23.34%), Potassium: 763.32mg (21.81%), Zinc: 3.17mg (21.13%), Vitamin E: 2.94mg (19.6%), Vitamin B12: 1.12µg (18.64%), Copper: 0.36mg (18.05%), Magnesium: 61.15mg (15.29%), Calcium: 139.22mg (13.92%), Iron: 2.24mg (12.42%), Vitamin D: 1.21µg (8.05%), Fiber: 1.06g (4.23%), Folate: 7.6µg (1.9%)