



Pork Chop Bake

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 20 oz hash browns shredded refrigerated cooked
- 11 oz condensed cream of cheddar cheese soup canned
- 0.5 cup cream sour
- 0.5 cup milk
- 3 cups broccoli florets fresh chopped
- 0.5 cup onion chopped
- 1 tablespoon vegetable oil
- 6 pork chops bone-in (1/)

- 0.5 teaspoon salt
- 0.3 teaspoon pepper

Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil
- glass baking pan

Directions

- Heat oven to 350°F. In large bowl, mix potatoes, soup, sour cream, milk, broccoli and onion. Spoon mixture into ungreased 13x9-inch (3-quart) glass baking dish. Cover with foil; bake 30 minutes.
- Meanwhile, in 12-inch skillet, heat oil over medium-high heat.
- Add 3 of the pork chops; sprinkle with half of the salt and pepper. Cook 3 to 5 minutes on each side or until pork is browned. Repeat with remaining pork chops, salt and pepper.
- Remove foil from baking dish.
- Place pork chops evenly on top of potatoes, overlapping slightly.
- Bake 25 to 35 minutes longer or until edges are bubbly and pork is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:6.02, Inflammation Score:-7, Nutrition Score:29.57826100225%

Flavonoids

Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol:

3.65mg, Kaempferol: 3.65mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg
Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 498.94kcal (24.95%), Fat: 24.81g (38.16%), Saturated Fat: 8.78g (54.9%), Carbohydrates: 27.51g (9.17%),
Net Carbohydrates: 24.34g (8.85%), Sugar: 3.81g (4.23%), Cholesterol: 132.78mg (44.26%), Sodium: 609.38mg
(26.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.46g (80.92%), Selenium: 59.88µg (85.54%),
Vitamin B6: 1.38mg (68.99%), Vitamin B3: 13.14mg (65.69%), Vitamin B1: 0.97mg (64.5%), Vitamin C: 49.49mg
(59.99%), Vitamin K: 51.12µg (48.68%), Phosphorus: 467.8mg (46.78%), Potassium: 1304.48mg (37.27%), Vitamin
B2: 0.45mg (26.52%), Zinc: 3.56mg (23.71%), Vitamin B5: 1.92mg (19.17%), Vitamin B12: 1.05µg (17.47%), Magnesium:
68.16mg (17.04%), Manganese: 0.28mg (13.83%), Iron: 2.38mg (13.21%), Vitamin A: 656.16IU (13.12%), Calcium:
127.6mg (12.76%), Fiber: 3.17g (12.68%), Copper: 0.23mg (11.64%), Folate: 36.14µg (9.04%), Vitamin D: 1.07µg (7.14%),
Vitamin E: 0.83mg (5.53%)