



## Pork Chop Casserole II

READY IN



**80 min.**

SERVINGS



**5**

CALORIES



**763 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 21.5 ounce cream of mushroom soup canned
- ☐ 1.5 cups rice cereal crispy
- ☐ 1 teaspoon garlic powder
- ☐ 30 ounce green beans canned
- ☐ 0.5 cup mayonnaise
- ☐ 1 teaspoon onion powder
- ☐ 5 pork chops boneless cut into bite size pieces
- ☐ 1.5 cups rotini pasta uncooked
- ☐ 1 teaspoon lawry's seasoned salt

☐ 2 cups cheddar cheese shredded divided

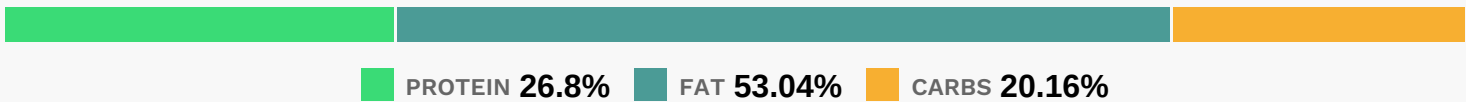
## Equipment

- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ baking pan
- ☐ ziploc bags

## Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Bring a medium pot of lightly salted water to a boil.
- ☐ Add pasta and cook for 8 to 10 minutes or until al dente; drain.
- ☐ Fill a large saucepan halfway with water and bring to a boil over high heat.
- ☐ Add the pork and boil for 7 to 10 minutes. While this is cooking, place the rice cereal squares, seasoned salt, garlic powder and onion powder in a resealable plastic bag and crush the cereal to crumbs; set aside.
- ☐ Place the pork, mushroom soup, green beans, mayonnaise, pasta and 1 cup of the cheese into a 9x13 inch baking dish.
- ☐ Mix this well, then cover with the remaining cheese. Top off with the crushed cereal mixture, covering everything completely.
- ☐ Bake, uncovered, at 350 degrees F (175 degrees C) for 30 to 40 minutes, or until heated throughout.

## Nutrition Facts



## Properties

Glycemic Index:34, Glycemic Load:9.12, Inflammation Score:-9, Nutrition Score:39.769130768983%

## Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 763.1kcal (38.16%), Fat: 45.05g (69.31%), Saturated Fat: 16.2g (101.25%), Carbohydrates: 38.54g (12.85%), Net Carbohydrates: 32.93g (11.97%), Sugar: 6.34g (7.05%), Cholesterol: 150.48mg (50.16%), Sodium: 1843.77mg (80.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.22g (102.45%), Vitamin K: 110.78µg (105.51%), Selenium: 70.85µg (101.21%), Vitamin B1: 1.12mg (74.55%), Vitamin B3: 13.58mg (67.91%), Vitamin B6: 1.33mg (66.64%), Phosphorus: 658.95mg (65.89%), Manganese: 0.93mg (46.3%), Vitamin B2: 0.73mg (42.84%), Calcium: 405.13mg (40.51%), Zinc: 5.87mg (39.13%), Vitamin A: 1646.49IU (32.93%), Potassium: 1109.44mg (31.7%), Magnesium: 110.47mg (27.62%), Copper: 0.53mg (26.34%), Vitamin C: 20.85mg (25.28%), Vitamin B12: 1.41µg (23.52%), Fiber: 5.61g (22.42%), Folate: 87.68µg (21.92%), Iron: 3.84mg (21.35%), Vitamin B5: 1.9mg (18.99%), Vitamin E: 1.98mg (13.17%), Vitamin D: 0.85µg (5.68%)