



Pork Chop Hominy Casserole

 Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 0.5 teaspoon ground pepper black
- 29 ounce hominy drained canned
- 0.5 cup milk
- 8 pork chops
- 1 teaspoon salt

Equipment

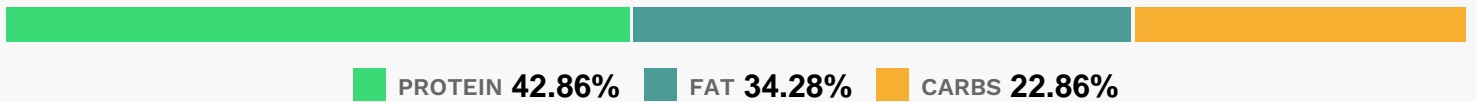
- bowl

- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Spray a 9x13-inch baking dish with cooking spray.
- Spray a large skillet with cooking spray and place over medium heat. Pan-fry pork chops until browned, 5 to 8 minutes per side.
- Arrange pork chops in the prepared baking dish.
- Spread the hominy over the pork chops.
- Mix the cream of mushroom soup, milk, salt, and black pepper together in a bowl until smooth.
- Pour the mushroom sauce over the hominy.
- Cover the baking dish with aluminum foil.
- Bake in the preheated oven until the sauce is bubbling and the pork chops are tender, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:33.69869568037%

Nutrients (% of daily need)

Calories: 628.79kcal (31.44%), Fat: 23.22g (35.72%), Saturated Fat: 8.3g (51.9%), Carbohydrates: 34.86g (11.62%), Net Carbohydrates: 29.5g (10.73%), Sugar: 5.21g (5.79%), Cholesterol: 187.03mg (62.34%), Sodium: 1970.92mg (85.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.33g (130.65%), Selenium: 95.47µg (136.38%), Vitamin B1: 1.83mg (121.75%), Vitamin B3: 22.2mg (110.98%), Vitamin B6: 2.01mg (100.29%), Phosphorus: 730.91mg (73.09%), Zinc: 7.28mg (48.53%), Vitamin B2: 0.6mg (35.08%), Potassium: 1163.33mg (33.24%), Vitamin B12: 1.71µg (28.45%), Magnesium: 112mg (28%), Vitamin B5: 2.53mg (25.27%), Fiber: 5.35g (21.42%), Manganese: 0.43mg (21.29%), Copper: 0.37mg (18.41%), Iron: 3.18mg (17.65%), Vitamin D: 1.41µg (9.38%), Calcium: 81.34mg (8.13%),

Vitamin E: 0.47mg (3.13%), Folate: 7.43µg (1.86%), Vitamin A: 63.55IU (1.27%)