



## Pork Chop-Stuffing Bake

READY IN



40 min.

SERVINGS



6

CALORIES



363 kcal

SIDE DISH

### Ingredients

- 10 oz cream of mushroom soup canned
- 1 large onion chopped
- 1.5 lb pork chops boneless
- 0.5 cup cheddar cheese shredded kraft
- 6 oz stove top stuffing mix for chicken
- 0.5 tsp thyme leaves dried

### Equipment

- frying pan

oven

## Directions

Heat oven to 350F.

Prepare stuffing as directed on package. Meanwhile, cook chops in large ovenproof nonstick skillet on medium-high heat 4 min. on each side or until evenly browned on both sides.

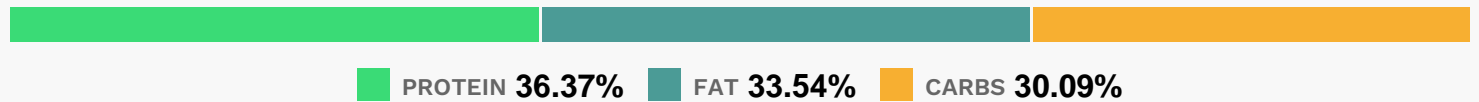
Mix soup, onions and thyme; spoon over chops.

Top chops with stuffing; sprinkle with cheese.

Bake 20 to 25 min. or until chops are done (145F).

Remove from oven; let stand 3 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.5, Glycemic Load:0.58, Inflammation Score:-5, Nutrition Score:19.892174155816%

## Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

## Nutrients (% of daily need)

Calories: 362.51kcal (18.13%), Fat: 13.2g (20.3%), Saturated Fat: 5.4g (33.77%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 25.2g (9.17%), Sugar: 3.44g (3.82%), Cholesterol: 88.04mg (29.35%), Sodium: 850.33mg (36.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.2g (64.4%), Selenium: 53.93µg (77.05%), Vitamin B1: 0.95mg (63.27%), Vitamin B3: 11.15mg (55.77%), Vitamin B6: 0.92mg (46.1%), Phosphorus: 360.4mg (36.04%), Vitamin B2: 0.4mg (23.6%), Zinc: 2.93mg (19.54%), Manganese: 0.35mg (17.62%), Potassium: 596.41mg (17.04%), Folate: 57.69µg (14.42%), Vitamin B12: 0.78µg (13.03%), Magnesium: 49.28mg (12.32%), Copper: 0.24mg (11.94%), Iron: 2.06mg (11.43%), Calcium: 109.92mg (10.99%), Vitamin B5: 1.1mg (10.97%), Fiber: 1.44g (5.74%), Vitamin D: 0.51µg (3.4%), Vitamin C: 1.96mg (2.37%), Vitamin E: 0.33mg (2.21%), Vitamin A: 103.13IU (2.06%)