



Pork Chop Supper

 Very Healthy

READY IN



450 min.

SERVINGS



6

CALORIES



3084 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 pork loin
- 1.5 pounds baby potatoes cut into eighths (6 potatoes)
- 10.8 ounces cream of mushroom soup canned
- 4 ounces mushroom stems and pieces drained canned
- 2 tablespoons wine dry white
- 0.3 teaspoon thyme leaves dried
- 0.5 teaspoon garlic powder
- 0.5 teaspoon worcestershire sauce

- 3 tablespoons flour all-purpose
- 1 tablespoon pimientos diced
- 10 ounces peas green frozen rinsed drained

Equipment

- frying pan
- slow cooker

Directions

- Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork in skillet, turning once, until brown.
- Place potatoes in 3 1/2- to 6-quart slow cooker.
- Mix soup, mushrooms, wine, thyme, garlic powder, Worcestershire sauce and flour; spoon half of soup mixture over potatoes.
- Place pork on potatoes; cover with remaining soup mixture.
- Cover and cook on Low heat setting 6 to 7 hours.
- Remove pork from slow cooker; keep warm. Stir pimientos and peas into slow cooker. Cover and cook on Low heat setting about 15 minutes or until peas are tender.
- Serve vegetable mixture with pork.

Nutrition Facts

PROTEIN 67.64% **FAT 27.72%** **CARBS 4.64%**

Properties

Glycemic Index:52.18, Glycemic Load:18.47, Inflammation Score:-10, Nutrition Score:65.216522009476%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

Nutrients (% of daily need)

Calories: 3084.3kcal (154.22%), Fat: 90.98g (139.97%), Saturated Fat: 28.15g (175.94%), Carbohydrates: 34.22g (11.41%), Net Carbohydrates: 28.59g (10.4%), Sugar: 4.07g (4.52%), Cholesterol: 1386.15mg (462.05%), Sodium: 1514.8mg (65.86%), Alcohol: 0.51g (100%), Alcohol %: 0.03% (100%), Protein: 499.42g (998.85%), Selenium: 610.55µg (872.21%), Vitamin B6: 17.02mg (851.1%), Vitamin B1: 9.98mg (665.47%), Vitamin B3: 129mg (644.98%), Phosphorus: 5076.04mg (507.6%), Zinc: 41.03mg (273.54%), Potassium: 9004.75mg (257.28%), Vitamin B2: 4.26mg (250.37%), Vitamin B12: 11.28µg (187.93%), Vitamin B5: 16.86mg (168.55%), Magnesium: 617.82mg (154.46%), Copper: 1.59mg (79.51%), Iron: 14.08mg (78.23%), Vitamin D: 8.78µg (58.53%), Vitamin C: 44.04mg (53.38%), Manganese: 0.71mg (35.54%), Fiber: 5.63g (22.53%), Vitamin E: 2.95mg (19.68%), Calcium: 154.77mg (15.48%), Folate: 59.69µg (14.92%), Vitamin K: 14.16µg (13.49%), Vitamin A: 434.45IU (8.69%)