



 **100%**  
HEALTH SCORE

## Pork Chop Supper

 Dairy Free  Very Healthy

READY IN



450 min.

SERVINGS



6

CALORIES



3078 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 10.8 ounces cream of mushroom soup canned
- 2 tablespoons wine dry white
- 3 tablespoons flour all-purpose
- 0.5 teaspoon garlic powder
- 6 pork loin
- 4 ounces mushrooms drained canned
- 1.5 pounds baby potatoes cut into eighths ( 6 potatoes)
- 10 ounces peas green frozen rinsed drained

- 1 tablespoon pimientos diced
- 0.3 teaspoon thyme leaves dried
- 0.5 teaspoon worcestershire sauce

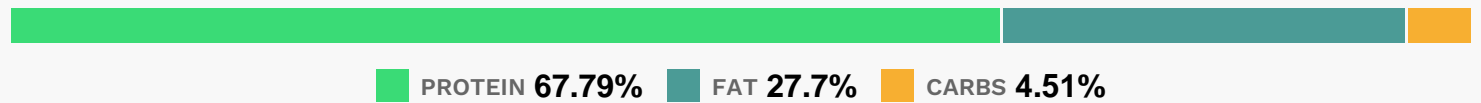
## Equipment

- 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



## Properties

Glycemic Index:57.51, Glycemic Load:18.61, Inflammation Score:-10, Nutrition Score:65.400434867195%

## 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: 3077.88kcal (153.89%), Fat: 90.74g (139.6%), Saturated Fat: 28.08g (175.52%), Carbohydrates: 33.32g (11.11%), Net Carbohydrates: 27.65g (10.05%), Sugar: 4.13g (4.59%), Cholesterol: 1385.39mg (461.8%), Sodium: 1453.19mg (63.18%), Alcohol: 0.51g (100%), Alcohol %: 0.03% (100%), Protein: 499.7g (999.41%), Selenium: 612.31µg (874.72%), Vitamin B6: 17.04mg (852.09%), Vitamin B1: 10mg (666.49%), Vitamin B3: 129.68mg (648.39%), Phosphorus: 5092.3mg (509.23%), Zinc: 41.13mg (274.2%), Potassium: 8945.97mg (255.6%), Vitamin B2: 4.33mg (254.84%), Vitamin B12: 11.28µg (188.06%), Vitamin B5: 17.14mg (171.38%), Magnesium: 619.52mg (154.88%), Copper: 1.65mg (82.52%), Iron: 14.18mg (78.76%), Vitamin D: 8.82µg (58.79%), Vitamin C: 44.44mg (53.86%), Manganese: 0.72mg (35.99%), Fiber: 5.67g (22.69%), Vitamin E: 2.95mg (19.69%), Folate: 62.91µg (15.73%), Calcium: 140.03mg (14%), Vitamin K: 14.16µg (13.49%), Vitamin A: 434.45IU (8.69%)