



Pork Chops and Mustard Onion Gravy

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



626 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 1 large onion sliced
- ☐ 10.5 ounce campbell's® golden pork gravy canned
- ☐ 4 pork chops boneless
- ☐ 4 cups potatoes hot mashed
- ☐ 1 tablespoon spicy-brown mustard
- ☐ 1 tablespoon vegetable oil

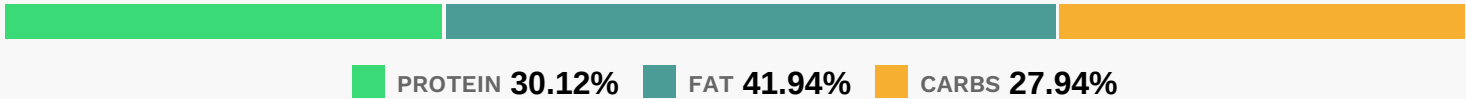
Equipment

☐ frying pan

Directions

- ☐ Coat the pork with the flour.
- ☐ Heat the oil in a 10-inch skillet over medium-high heat.
- ☐ Add the pork and cook until well browned on both sides.
- ☐ Add the onion to the skillet and cook for 10 minutes or until the pork is cooked through and the onion is tender. Stir in the gravy and mustard and cook until the mixture is hot and bubbling.
- ☐ Serve the pork and sauce with the potatoes.

Nutrition Facts



Properties

Glycemic Index:54.44, Glycemic Load:29.71, Inflammation Score:-6, Nutrition Score:33.707391433094%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg, Kaempferol: 1.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg, Quercetin: 9.08mg

Nutrients (% of daily need)

Calories: 626.11kcal (31.31%), Fat: 28.86g (44.4%), Saturated Fat: 9.74g (60.9%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 37.73g (13.72%), Sugar: 3.29g (3.66%), Cholesterol: 143.36mg (47.79%), Sodium: 161.42mg (7.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.64g (93.28%), Vitamin B1: 1.66mg (110.69%), Vitamin B6: 1.93mg (96.33%), Selenium: 66.02µg (94.32%), Vitamin B3: 16.43mg (82.16%), Phosphorus: 571.75mg (57.17%), Vitamin C: 44.68mg (54.16%), Potassium: 1661.89mg (47.48%), Vitamin B2: 0.52mg (30.65%), Zinc: 4.44mg (29.58%), Magnesium: 103.65mg (25.91%), Fiber: 5.52g (22.08%), Vitamin B5: 2.17mg (21.67%), Manganese: 0.43mg (21.39%), Vitamin B12: 1.23µg (20.52%), Iron: 3.28mg (18.2%), Copper: 0.36mg (17.91%), Folate: 51.57µg (12.89%), Vitamin K: 10.46µg (9.96%), Calcium: 56.55mg (5.65%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.5mg (3.31%)