



## Pork Chops German Style

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 10.5 ounce condensed chicken and rice soup canned
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup mustard prepared
- ☐ 4 center cut pork chops
- ☐ 3 tablespoons vegetable oil

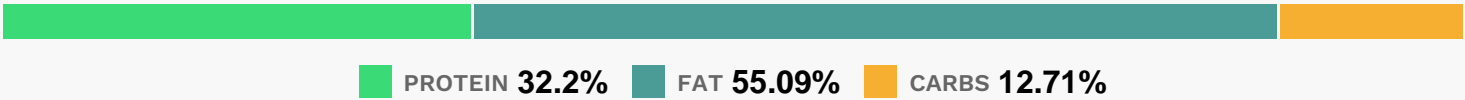
## Equipment

- ☐ frying pan

## Directions

- ☐ Prepare the pork chops by coating both sides of each one with mustard. Dredge the coated chops in flour.
- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Place pork chops into the hot oil, and cook until browned on both sides.
- ☐ Remove from pan, and discard any excess oil in the pan.
- ☐ Return the chops to the pan, and reduce heat to low.
- ☐ Pour undiluted soup over the chops, making sure to put an ample amount of rice on each one. Cover, and cook on low for 30 minutes, or until pork is no longer pink, and the juices run clear. Baste the chops occasionally, and add water if necessary.

## Nutrition Facts



## Properties

Glycemic Index:37.5, Glycemic Load:6.7, Inflammation Score:-4, Nutrition Score:20.769999658932%

## Nutrients (% of daily need)

Calories: 412.27kcal (20.61%), Fat: 24.92g (38.34%), Saturated Fat: 6.19g (38.7%), Carbohydrates: 12.94g (4.31%), Net Carbohydrates: 11.39g (4.14%), Sugar: 0.86g (0.96%), Cholesterol: 95.73mg (31.91%), Sodium: 929.26mg (40.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.78g (65.56%), Selenium: 59µg (84.28%), Vitamin B1: 1.02mg (68.24%), Vitamin B3: 11.63mg (58.16%), Vitamin B6: 1mg (49.89%), Phosphorus: 367.96mg (36.8%), Vitamin K: 22.3µg (21.24%), Vitamin B2: 0.34mg (20.07%), Zinc: 2.55mg (16.98%), Potassium: 591.33mg (16.9%), Magnesium: 54.48mg (13.62%), Iron: 2.32mg (12.88%), Vitamin B5: 1.24mg (12.45%), Manganese: 0.24mg (12.15%), Vitamin B12: 0.71µg (11.84%), Copper: 0.2mg (10.23%), Vitamin E: 1.52mg (10.16%), Fiber: 1.55g (6.2%), Folate: 17.96µg (4.49%), Calcium: 40.58mg (4.06%), Vitamin D: 0.54µg (3.57%), Vitamin A: 162.9IU (3.26%)