



WHATSheATE



Pork Chops in Red Sauce



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cube beef bouillon from cube
- ☐ 10.8 ounce condensed tomato soup canned
- ☐ 1 onion sliced
- ☐ 4 center cut pork chops
- ☐ 1 salt and pepper to taste
- ☐ 0.5 cup water hot

Equipment

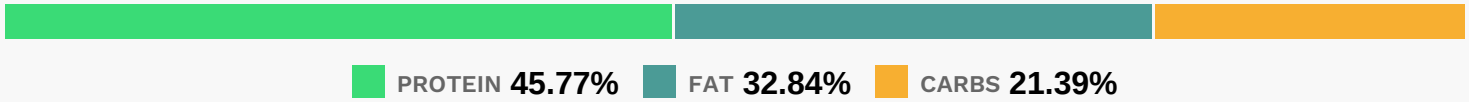
- ☐ frying pan

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Heat a large lightly oiled skillet over medium-high heat. Brown pork chops on both sides.
- ☐ Place pork chops in a casserole dish and cover with sliced onions. Dissolve bouillon cube in hot water and mix with tomato soup.
- ☐ Pour soup mixture over pork chops.
- ☐ Cover casserole and bake in preheated oven for 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:4.49, Inflammation Score:-5, Nutrition Score:18.47869585908%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg, Quercetin: 5.69mg

Nutrients (% of daily need)

Calories: 269.05kcal (13.45%), Fat: 9.66g (14.87%), Saturated Fat: 3.38g (21.15%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 12.86g (4.68%), Sugar: 7.44g (8.26%), Cholesterol: 89.78mg (29.93%), Sodium: 357.85mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.3g (60.61%), Selenium: 46.78µg (66.83%), Vitamin B1: 0.94mg (62.56%), Vitamin B3: 11.4mg (56.99%), Vitamin B6: 1.07mg (53.57%), Phosphorus: 334.56mg (33.46%), Potassium: 968.69mg (27.68%), Vitamin B2: 0.27mg (15.7%), Zinc: 2.26mg (15.09%), Vitamin C: 11.86mg (14.38%), Magnesium: 48.57mg (12.14%), Vitamin B12: 0.71µg (11.85%), Vitamin B5: 1.01mg (10.08%), Manganese: 0.15mg (7.5%), Iron: 1.18mg (6.55%), Copper: 0.13mg (6.43%), Vitamin A: 304.57IU (6.09%), Fiber: 1.31g (5.22%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.44mg (2.92%), Calcium: 26.56mg (2.66%), Vitamin K: 2.55µg (2.43%), Folate: 5.24µg (1.31%)