



HEALTH SCORE

100%

## Pork Chops in Savory Mushroom Cream Sauce



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



3195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup chicken broth (from 32-oz carton)
- 4 cups rice hot cooked
- 4 teaspoons cornstarch
- 6 oz yogurt plain fat free
- 8 oz mushrooms fresh sliced (3 cups)
- 4 teaspoons olive oil
- 1 medium onion cut into thin wedges

- 0.5 teaspoon pepper
- 4 pork loin boneless (1/)
- 0.5 teaspoon lawry's seasoned salt

## Equipment

- frying pan
- measuring cup

## Directions

- Sprinkle both sides of pork chops with seasoned salt and pepper.
- Heat 2 teaspoons of the oil in 10-inch nonstick skillet over medium-high heat until hot.
- Add pork chops; cook about 4 minutes on each side or until golden brown.
- Remove pork chops from skillet; set aside.
- In same skillet, heat remaining 2 teaspoons oil over medium heat.
- Add onion and mushrooms; cook 3 minutes, stirring frequently.
- In measuring cup, mix chicken broth and cornstarch; add to skillet.
- Heat to boiling. Return pork chops to skillet; spoon some of the sauce over pork. Reduce heat; cover and simmer 8 to 10 minutes, stirring occasionally, until pork is no longer pink in center.
- Stir in yogurt until well blended; cook over low heat just until heated through.
- Serve with rice or pasta.

## Nutrition Facts

**PROTEIN 65.32%** **FAT 27.59%** **CARBS 7.09%**

## Properties

Glycemic Index:50, Glycemic Load:48.83, Inflammation Score:-9, Nutrition Score:61.976087025326%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg 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: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 3195.46kcal (159.77%), Fat: 93.93g (144.5%), Saturated Fat: 28.16g (176.02%), Carbohydrates: 54.31g (18.1%), Net Carbohydrates: 52.56g (19.11%), Sugar: 5.76g (6.4%), Cholesterol: 1384.29mg (461.43%), Sodium: 1513.78mg (65.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 500.42g (1000.84%), Selenium: 626.99µg (895.7%), Vitamin B6: 16.83mg (841.72%), Vitamin B1: 9.84mg (656.06%), Vitamin B3: 128.93mg (644.67%), Phosphorus: 5132.02mg (513.2%), Zinc: 41.06mg (273.76%), Vitamin B2: 4.48mg (263.4%), Potassium: 8602.26mg (245.78%), Vitamin B12: 11.48µg (191.37%), Vitamin B5: 18.13mg (181.3%), Magnesium: 606.38mg (151.6%), Copper: 1.59mg (79.42%), Iron: 12.63mg (70.15%), Vitamin D: 8.89µg (59.29%), Manganese: 1.01mg (50.54%), Vitamin E: 3.52mg (23.45%), Calcium: 220.74mg (22.07%), Fiber: 1.75g (6.99%), Folate: 24.75µg (6.19%), Vitamin C: 3.61mg (4.37%), Vitamin K: 3.01µg (2.87%)