



Pork Chops O'Brien with Creamy Gravy

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10.8 ounce campbell's® condensed cream of celery soup canned
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 30 ounce green beans drained canned
- ☐ 6 pork chops
- ☐ 2 cups o'brien potatoes mix frozen
- ☐ 0.5 teaspoon rubbed sage to taste
- ☐ 0.5 teaspoon lawry's seasoned salt to taste
- ☐ 1 cup heavy whipping cream sour

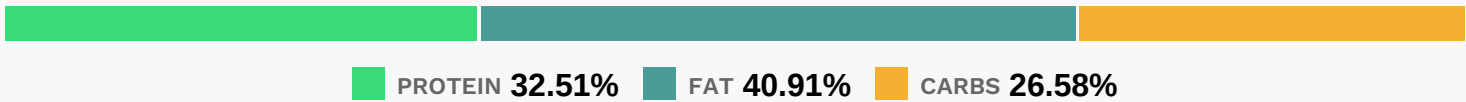
Equipment

☐ frying pan

Directions

- ☐ Season the pork chops with seasoned salt on both sides.
- ☐ Heat a large, nonstick skillet over medium-high heat, and grease with cooking spray. Cook the pork chops until golden brown on both sides, 6 to 8 minutes.
- ☐ Remove from the skillet and set aside.
- ☐ Stir the cream of celery soup, cream of mushroom soup, sour cream, and sage together in the skillet until combined. Stir in the green beans and O'Brien potatoes, then place the pork chops on top of the vegetables. Bring to a simmer, then reduce heat to medium-low, cover, and cook until the pork chops are no longer pink in the center, 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:11.74, Inflammation Score:-8, Nutrition Score:32.498261047446%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 449.02kcal (22.45%), Fat: 20.6g (31.69%), Saturated Fat: 8.42g (52.64%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 24.32g (8.85%), Sugar: 7.16g (7.96%), Cholesterol: 120.52mg (40.17%), Sodium: 904.91mg (39.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.83g (73.66%), Vitamin B1: 1.1mg (73.04%), Vitamin B6: 1.42mg (71.03%), Vitamin K: 71.74µg (68.32%), Selenium: 47.75µg (68.21%), Vitamin B3: 13.11mg (65.55%), Phosphorus: 455.71mg (45.57%), Vitamin C: 31.53mg (38.22%), Potassium: 1255.43mg (35.87%), Manganese: 0.68mg (34.08%), Vitamin B2: 0.53mg (31.32%), Vitamin A: 1367.36IU (27.35%), Magnesium: 96.35mg (24.09%), Fiber: 5.78g (23.11%), Zinc: 3.37mg (22.45%), Vitamin B5: 2.19mg (21.93%), Copper: 0.41mg (20.73%), Iron: 3.32mg (18.42%), Folate: 64.87µg (16.22%), Vitamin B12: 0.89µg (14.87%), Calcium: 127.49mg (12.75%), Vitamin E: 1.61mg (10.76%), Vitamin D: 0.54µg (3.57%)