



Pork Chops to Live For

READY IN



315 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 21.5 ounce cream of mushroom soup canned
- 1 eggs beaten
- 0.5 cup flour all-purpose
- 2 cups milk
- 1 large onion sliced
- 4 pork chops
- 2 tablespoons shortening

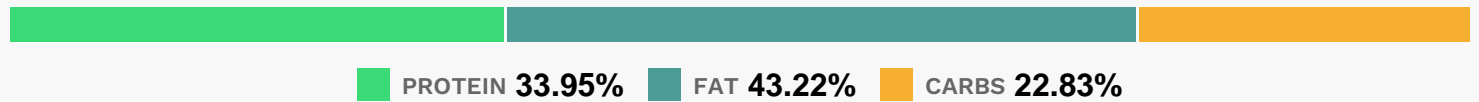
Equipment

- frying pan
- slow cooker

Directions

- Melt shortening in a large skillet over medium-high heat. Dip pork chops in beaten egg, then dredge in flour. Cook in hot skillet, turning once to brown both sides.
- Place pork chops into a slow cooker, and arrange sliced onions over meat.
- Pour soup and milk over the meat and onions.
- Cover, and cook on High for 4 to 5 hours, or on Low for 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:11.56, Inflammation Score:-6, Nutrition Score:27.396521495736%

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: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 518.03kcal (25.9%), Fat: 24.5g (37.69%), Saturated Fat: 9.36g (58.53%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 27.76g (10.1%), Sugar: 7.54g (8.38%), Cholesterol: 152.96mg (50.99%), Sodium: 1208.73mg (52.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.3g (86.6%), Selenium: 55.53µg (79.33%), Vitamin B1: 1.14mg (75.88%), Vitamin B3: 13.18mg (65.89%), Vitamin B6: 1.18mg (58.94%), Phosphorus: 519.78mg (51.98%), Vitamin B2: 0.65mg (37.96%), Manganese: 0.63mg (31.47%), Zinc: 4.57mg (30.46%), Vitamin B12: 1.71µg (28.51%), Potassium: 961.47mg (27.47%), Copper: 0.43mg (21.3%), Vitamin B5: 2.05mg (20.45%), Calcium: 182.73mg (18.27%), Magnesium: 68.65mg (17.16%), Iron: 2.74mg (15.21%), Vitamin D: 2.1µg (13.99%), Folate: 51.56µg (12.89%), Fiber: 1.36g (5.46%), Vitamin A: 263.15IU (5.26%), Vitamin E: 0.76mg (5.07%), Vitamin K: 4µg (3.81%), Vitamin C: 2.78mg (3.36%)