



Pork Chops with Italian Sausage

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



4

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce tomato sauce canned
- 0.3 cup wine dry red
- 1 clove garlic minced
- 0.3 pound sausage sweet italian
- 0.5 teaspoon seasoning italian
- 0.3 pound mushrooms sliced
- 0.3 pound mushrooms sliced
- 1 tablespoon olive oil

- 1 onion
- 4 pork chops thick cut
- 4 servings salt and pepper to taste

Equipment

- frying pan
- oven
- casserole dish
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Sprinkle pork chops with salt and pepper. In a large frying pan, brown well in olive oil.
- Remove chops from pan and set aside.
- Pour off and discard all but 1 tablespoon pan drippings.
- Remove casing from sausage and crumble meat into same pan.
- Mix in onions and mushrooms. Cook, stirring until onions and sausage brown slightly.
- Mix in garlic.
- Place pork chops in casserole dish, spooning sausage mixture over them.
- Pour in wine and tomato sauce.
- Sprinkle with Italian seasoning.
- Cover with foil and bake for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:49.75, Glycemic Load:2.07, Inflammation Score:-5, Nutrition Score:24.11695675228%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Nutrients (% of daily need)

Calories: 388.04kcal (19.4%), Fat: 22.09g (33.98%), Saturated Fat: 7.03g (43.93%), Carbohydrates: 8.42g (2.81%), Net Carbohydrates: 6.42g (2.33%), Sugar: 4.32g (4.81%), Cholesterol: 111.33mg (37.11%), Sodium: 738.29mg (32.1%), Alcohol: 1.58g (100%), Alcohol %: 0.62% (100%), Protein: 35.73g (71.46%), Selenium: 57.25µg (81.79%), Vitamin B1: 1.13mg (75.26%), Vitamin B3: 14.28mg (71.41%), Vitamin B6: 1.22mg (60.87%), Phosphorus: 416.66mg (41.67%), Vitamin B2: 0.57mg (33.52%), Potassium: 966.63mg (27.62%), Vitamin B5: 2.18mg (21.83%), Zinc: 3.07mg (20.44%), Copper: 0.36mg (17.9%), Vitamin B12: 0.99µg (16.51%), Magnesium: 56.03mg (14.01%), Iron: 2.02mg (11.2%), Vitamin E: 1.55mg (10.35%), Vitamin C: 8mg (9.7%), Manganese: 0.17mg (8.71%), Fiber: 2.01g (8.03%), Folate: 22.85µg (5.71%), Vitamin K: 5.37µg (5.12%), Vitamin A: 255.74IU (5.11%), Vitamin D: 0.65µg (4.33%), Calcium: 35.95mg (3.6%)