



 13%
HEALTH SCORE

Pork Chops with Mushroom Onion Gravy

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

READY IN



85 min.

SERVINGS



6

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 1 tablespoon marjoram dried
- 0.5 teaspoon pepper black
- 1 onion chopped
- 6 pork chops
- 1 teaspoon salt
- 0.8 cup water

Equipment

- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Heat a small amount of oil in a large skillet, add chops and brown on both sides. When chops are almost done, sprinkle marjoram on both sides.
- Stir together half the can of soup, water, salt and pepper.
- Pour into a foil-lined 9x13 inch baking pan.
- Put the onions and then the browned chops on top of the soup mixture. Spoon the remaining soup over the top of chops so they are covered. Cover with foil and bake for 40 minutes. Take off foil and bake another 20 minutes.
- Let stand 5 minutes before serving.

Nutrition Facts

PROTEIN 52.54% **FAT 39.68%** **CARBS 7.78%**

Properties

Glycemic Index:9.83, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:17.180869498978%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 247.34kcal (12.37%), Fat: 10.57g (16.26%), Saturated Fat: 3.9g (24.4%), Carbohydrates: 4.66g (1.55%), Net Carbohydrates: 4.07g (1.48%), Sugar: 0.79g (0.88%), Cholesterol: 92.32mg (30.77%), Sodium: 814.52mg (35.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.95%), Selenium: 44.47µg (63.53%), Vitamin B1: 0.91mg (60.9%), Vitamin B3: 11.2mg (55.99%), Vitamin B6: 1.02mg (50.98%), Phosphorus: 324.17mg (32.42%), Zinc: 2.68mg (17.9%), Potassium: 597.95mg (17.08%), Vitamin B2: 0.28mg (16.75%), Vitamin B12: 0.79µg (13.19%),

Manganese: 0.23mg (11.29%), Vitamin B5: 1.1mg (10.96%), Magnesium: 41.97mg (10.49%), Copper: 0.19mg (9.74%), Iron: 1.36mg (7.55%), Vitamin D: 0.54µg (3.57%), Calcium: 24.13mg (2.41%), Fiber: 0.59g (2.36%), Vitamin K: 2.42µg (2.3%), Folate: 7.98µg (2%), Vitamin C: 1.53mg (1.85%), Vitamin E: 0.19mg (1.23%)