



Pork Chops with Mushrooms

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups sauce italian traditional prego®
- 2 cups mushrooms sliced
- 1 teaspoon oregano dried crushed
- 4 pork chops boneless
- 1 tablespoon vegetable oil

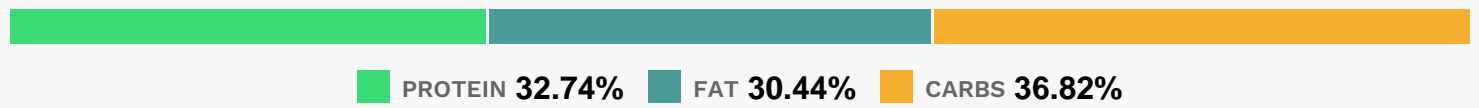
Equipment

- frying pan

Directions

- Heat oil in skillet.
- Add chops and cook 10 minutes or until browned.
- Remove chops.
- Add mushrooms and oregano and cook until tender.
- Add pasta sauce.
- Heat to a boil. Return chops to skillet. Cook over low heat 10 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:18.510000007308%

Nutrients (% of daily need)

Calories: 393.96kcal (19.7%), Fat: 13g (20%), Saturated Fat: 3.83g (23.96%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 34.69g (12.62%), Sugar: 28.3g (31.44%), Cholesterol: 89.78mg (29.93%), Sodium: 1486.37mg (64.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.94%), Selenium: 48.84µg (69.77%), Vitamin B3: 12.46mg (62.3%), Vitamin B1: 0.93mg (62.24%), Vitamin B6: 1.03mg (51.4%), Phosphorus: 344.86mg (34.49%), Vitamin B2: 0.44mg (26.09%), Potassium: 658.76mg (18.82%), Vitamin B5: 1.7mg (16.97%), Zinc: 2.34mg (15.6%), Vitamin B12: 0.73µg (12.16%), Copper: 0.23mg (11.54%), Magnesium: 40.51mg (10.13%), Vitamin K: 9.36µg (8.92%), Iron: 1.09mg (6.08%), Vitamin D: 0.63µg (4.21%), Vitamin E: 0.55mg (3.66%), Manganese: 0.06mg (2.84%), Fiber: 0.69g (2.77%), Folate: 9.35µg (2.34%), Calcium: 18.81mg (1.88%), Vitamin C: 1.02mg (1.24%)