



Pork Chops with Sour Cream and Mushroom Sauce

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



426 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 21.5 ounce cream of mushroom soup canned
- ☐ 6 pork chops
- ☐ 1 pint cup heavy whipping cream sour

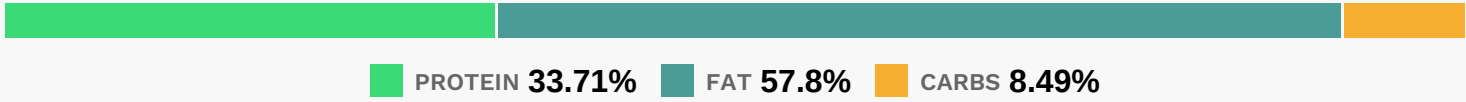
Equipment

- ☐ frying pan

Directions

- ☐ Brown chops in skillet.
- ☐ Remove chops from skillet and drain grease. Put chops back in skillet and pour sour cream and soup over them.
- ☐ Let simmer for 1 hour, turning every 15 minutes or so.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:20.164782640727%

Nutrients (% of daily need)

Calories: 425.82kcal (21.29%), Fat: 27.04g (41.6%), Saturated Fat: 12.47g (77.92%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 8.73g (3.17%), Sugar: 2.69g (2.99%), Cholesterol: 141.39mg (47.13%), Sodium: 809.01mg (35.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.95%), Selenium: 47.27µg (67.53%), Vitamin B1: 0.93mg (61.99%), Vitamin B3: 11.69mg (58.46%), Vitamin B6: 1.05mg (52.29%), Phosphorus: 392.24mg (39.22%), Vitamin B2: 0.44mg (25.96%), Zinc: 3.45mg (23.03%), Potassium: 726.4mg (20.75%), Vitamin B12: 1.04µg (17.31%), Manganese: 0.32mg (16.14%), Copper: 0.29mg (14.62%), Vitamin B5: 1.43mg (14.32%), Magnesium: 49.84mg (12.46%), Vitamin A: 496.67IU (9.93%), Calcium: 93.09mg (9.31%), Iron: 1.44mg (7.98%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.47mg (3.16%), Folate: 11.84µg (2.96%), Vitamin K: 1.18µg (1.13%)