



Quick Mushroom Pork Chops

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 oz cream of mushroom soup canned
- 3 cups rice white hot instant cooked
- 3 Tbsp 3 tbsp. kraft zesty italian dressing italian kraft
- 0.5 cup milk
- 1 Tbsp oil
- 0.3 cup parmesan cheese grated kraft
- 2 cups peas frozen
- 1 lb pork chops boneless

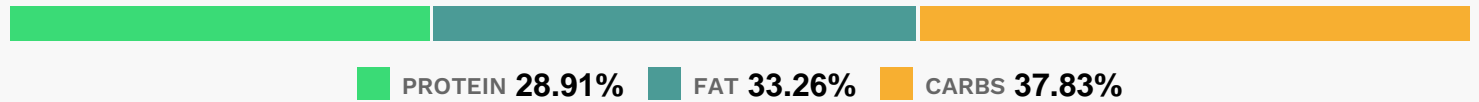
Equipment

- frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add chops; cook 4 min. on each side or until browned on both sides.
- Add soup, milk, dressing and peas; mix well. Cook on medium-low heat 4 min. or until meat is done (145F), stirring occasionally.
- Remove from heat; let stand 3 min.
- Spoon meat mixture over hot rice; top with cheese.

Nutrition Facts



Properties

Glycemic Index:20.58, Glycemic Load:3.34, Inflammation Score:-8, Nutrition Score:29.425651778346%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 524.53kcal (26.23%), Fat: 19.03g (29.28%), Saturated Fat: 5.82g (36.38%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 43.7g (15.89%), Sugar: 6.77g (7.53%), Cholesterol: 88.62mg (29.54%), Sodium: 795.94mg (34.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.22g (74.44%), Vitamin B1: 1.08mg (71.81%), Selenium: 47.77µg (68.24%), Vitamin B3: 13.41mg (67.06%), Vitamin B6: 1.07mg (53.34%), Manganese: 0.95mg (47.61%), Phosphorus: 473mg (47.3%), Vitamin C: 29.04mg (35.2%), Folate: 139.09µg (34.77%), Zinc: 4.45mg (29.64%), Vitamin K: 26.85µg (25.57%), Vitamin B2: 0.42mg (24.8%), Iron: 4.38mg (24.31%), Potassium: 766.82mg (21.91%), Fiber: 5.02g (20.07%), Copper: 0.38mg (19.18%), Magnesium: 70.96mg (17.74%), Vitamin B12: 0.96µg (16.06%), Vitamin A: 666.6IU (13.33%), Calcium: 133mg (13.3%), Vitamin B5: 1.24mg (12.38%), Vitamin E: 1.16mg (7.7%), Vitamin D: 0.82µg (5.47%)