



Scalloped Potatoes and Pork Chops

 **Gluten Free** Image not found or type unknown

READY IN

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90 min.

SERVINGS

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5

CALORIES

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701 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons butter
- ☐ 1 cup milk
- ☐ 1 onion sliced quartered
- ☐ 5 pork chops
- ☐ 5 potatoes peeled thinly sliced
- ☐ 5 servings salt and pepper to taste
- ☐ 2.5 cups cheddar cheese shredded

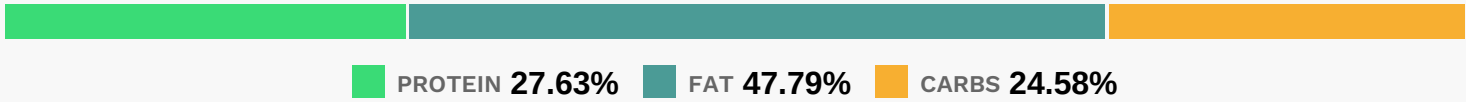
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Place the sliced potatoes and sliced onion in a greased 9x13 inch baking dish; mix gently. Cover the potatoes and onions with cheese. Fill dish with milk halfway.
- ☐ Place butter in several places on top of the cheese.
- ☐ Place the pork chops on top. Salt and pepper to taste.
- ☐ Bake 60 minutes or until potatoes are tender. Turn pork chops over halfway through cooking.

Nutrition Facts



Properties

Glycemic Index:45.15, Glycemic Load:28.93, Inflammation Score:-8, Nutrition Score:34.771304275679%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg, Kaempferol: 1.85mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 700.54kcal (35.03%), Fat: 37.1g (57.07%), Saturated Fat: 19.42g (121.38%), Carbohydrates: 42.93g (14.31%), Net Carbohydrates: 37.87g (13.77%), Sugar: 5.13g (5.7%), Cholesterol: 170.2mg (56.73%), Sodium: 713.84mg (31.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.26g (96.52%), Selenium: 62.1µg (88.72%), Vitamin B6: 1.7mg (84.83%), Vitamin B1: 1.12mg (74.56%), Phosphorus: 740.7mg (74.07%), Vitamin B3: 13.06mg (65.29%), Vitamin C: 43.59mg (52.84%), Calcium: 501.61mg (50.16%), Potassium: 1547.43mg (44.21%), Vitamin B2: 0.64mg (37.73%), Zinc: 5.01mg (33.43%), Magnesium: 107.31mg (26.83%), Vitamin B12: 1.59µg (26.45%), Vitamin B5: 2.06mg (20.56%), Fiber: 5.06g (20.24%), Manganese: 0.37mg (18.59%), Vitamin A: 865.16IU (17.3%), Copper: 0.33mg (16.65%), Iron: 2.47mg (13.73%), Folate: 50.38µg (12.59%), Vitamin D: 1.41µg (9.41%), Vitamin K: 6.23µg (5.93%), Vitamin E: 0.84mg (5.62%)