



Skillet Sweet and Tangy Pork Chops

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar packed
- ☐ 10.8 ounce campbell's® condensed tomato soup 25% canned Regular or Less Sodium
- ☐ 4 cups rice hot cooked
- ☐ 4 pork chops
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons vinegar white
- ☐ 1 tablespoon worcestershire sauce

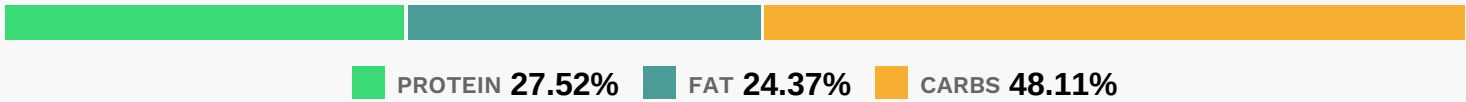
Equipment

☐ frying pan

Directions

- ☐ Heat oil in skillet.
- ☐ Add chops and cook until browned.
- ☐ Add soup, sugar, vinegar and Worcestershire.
- ☐ Heat to a boil. Cover and cook over low heat 10 minutes or until done.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:48.88, Glycemic Load:51.75, Inflammation Score:-5, Nutrition Score:22.979565226513%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 509.55kcal (25.48%), Fat: 13.48g (20.73%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 58.4g (21.24%), Sugar: 9.69g (10.76%), Cholesterol: 89.78mg (29.93%), Sodium: 409.38mg (17.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.49%), Selenium: 58.59µg (83.7%), Vitamin B1: 0.96mg (64.02%), Vitamin B3: 12.02mg (60.11%), Vitamin B6: 1.19mg (59.33%), Manganese: 0.87mg (43.33%), Phosphorus: 397.39mg (39.74%), Potassium: 1021.45mg (29.18%), Zinc: 3mg (19.99%), Vitamin B2: 0.29mg (16.79%), Magnesium: 65.37mg (16.34%), Vitamin B5: 1.59mg (15.94%), Vitamin C: 10.38mg (12.58%), Vitamin B12: 0.71µg (11.84%), Copper: 0.23mg (11.63%), Iron: 1.69mg (9.36%), Vitamin K: 8.73µg (8.32%), Vitamin A: 307.38IU (6.15%), Fiber: 1.47g (5.88%), Vitamin E: 0.78mg (5.19%), Calcium: 42.6mg (4.26%), Vitamin D: 0.54µg (3.57%), Folate: 5.11µg (1.28%)