



Smothered Pork Chops

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



954 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons cornstarch
- 2 cloves garlic finely chopped
- 0.5 teaspoon pepper black
- 1 tablespoon olive oil
- 18.5 oz onion soup mix french canned
- 2 lb pork loin chops bone-in
- 1 cup rice long-grain white uncooked
- 0.5 teaspoon salt

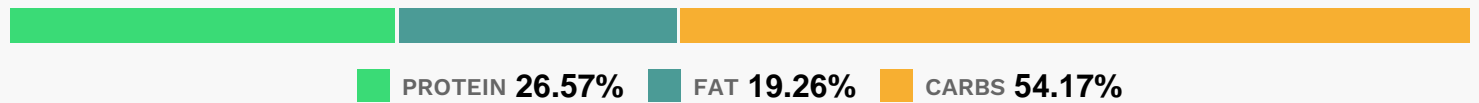
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- Make rice as directed on package.
- Meanwhile, in 10-inch skillet, heat oil over medium-high heat until hot. Cook garlic and pork chops in oil 4 to 5 minutes on each side or until pork chops are brown.
- Sprinkle with salt and pepper.
- In small bowl, mix soup and cornstarch.
- Pour over pork chops; heat to boiling. Reduce heat to medium, cover and cook 10 to 15 minutes or until pork is no longer pink and meat thermometer inserted in center reads 160F.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:22.43, Inflammation Score:-6, Nutrition Score:40.05956539123%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 953.56kcal (47.68%), Fat: 20.01g (30.78%), Saturated Fat: 6.24g (39.03%), Carbohydrates: 126.6g (42.2%), Net Carbohydrates: 117.22g (42.62%), Sugar: 6.17g (6.85%), Cholesterol: 151.95mg (50.65%), Sodium: 10932.56mg (475.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.11g (124.22%), Vitamin B1: 1.91mg (127.61%), Selenium: 88.95µg (127.07%), Vitamin B6: 2.5mg (125.24%), Vitamin B3: 20.8mg (104%), Phosphorus: 845.61mg (84.56%), Manganese: 1.45mg (72.54%), Potassium: 1854.04mg (52.97%), Vitamin B2: 0.8mg (47.27%), Fiber: 9.39g (37.54%), Magnesium: 150.13mg (37.53%), Zinc: 5.51mg (36.74%), Copper: 0.7mg (35.08%), Vitamin B5: 3.25mg (32.5%), Calcium: 220.44mg (22.04%), Vitamin B12: 1.2µg (20.03%), Iron: 3.23mg (17.96%), Vitamin E: 1.02mg (6.83%), Vitamin D: 0.91µg (6.05%), Vitamin C: 4.93mg (5.97%), Vitamin K: 4.42µg (4.21%)