



Smothered Pork Chops

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



954 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

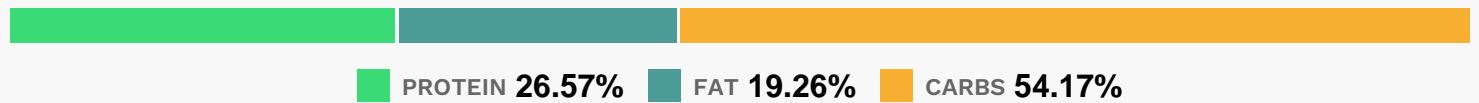
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- Make rice as directed on package.
- Meanwhile, in 12-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 8 to 12 minutes or until pork is no longer pink and meat thermometer inserted in center reads 145°F.

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%)