



Smothered Pork Chops from Birds Eye®

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pork chops bone-in
- 10.8 ounce celery soup canned
- 0.5 cup milk
- 1 tablespoon vegetable oil

Equipment

- frying pan

Directions

- Season pork chops, if desired, with salt and black pepper.
- Heat oil in large nonstick skillet over medium-high heat and cook pork chops turning once, 10 minutes or until golden brown.
- Remove chops from skillet; set aside.
- Add Recipe Ready Chopped Seasoning Blend and cook over medium-high heat, stirring occasionally, 5 minutes or until vegetables are softened.
- Stir in soup and milk; bring to a boil. Reduce heat to low and add back pork chops. Simmer 5 minutes or until pork is cooked through.*
- Serve over hot cooked noodles or mashed potatoes.

Nutrition Facts

 **PROTEIN 38.73%**  **FAT 54.2%**  **CARBS 7.07%**

Properties

Glycemic Index:9.5, Glycemic Load:0.54, Inflammation Score:-4, Nutrition Score:21.546086941076%

Nutrients (% of daily need)

Calories: 391.36kcal (19.57%), Fat: 23.08g (35.51%), Saturated Fat: 7.01g (43.83%), Carbohydrates: 6.78g (2.26%), Net Carbohydrates: 6.32g (2.3%), Sugar: 2.5g (2.77%), Cholesterol: 129mg (43%), Sodium: 497.95mg (21.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.11g (74.22%), Selenium: 59.24µg (84.63%), Vitamin B6: 1.21mg (60.38%), Vitamin B3: 11.45mg (57.27%), Vitamin B1: 0.86mg (57.11%), Phosphorus: 407.92mg (40.79%), Vitamin B2: 0.39mg (23.07%), Zinc: 3.22mg (21.44%), Vitamin B5: 2.01mg (20.08%), Potassium: 701.8mg (20.05%), Vitamin K: 19.45µg (18.52%), Vitamin B12: 1.09µg (18.23%), Magnesium: 49.84mg (12.46%), Vitamin E: 1.56mg (10.37%), Copper: 0.19mg (9.66%), Calcium: 94.1mg (9.41%), Manganese: 0.17mg (8.27%), Iron: 1.45mg (8.05%), Vitamin D: 1.18µg (7.89%), Vitamin A: 274.43IU (5.49%), Fiber: 0.46g (1.83%)