



Smothered Pork Chops with Pasta

READY IN



25 min.

SERVINGS



5

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 oz pork loin chops
- ☐ 2 teaspoons vegetable oil
- ☐ 0.5 cup onion chopped
- ☐ 8 oz mushrooms sliced (3 cups)
- ☐ 1.8 cups milk
- ☐ 1 box hawaiian rolls
- ☐ 1 serving parsley fresh

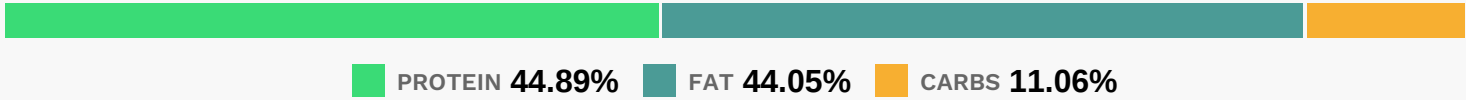
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 12-inch nonstick skillet over medium-high heat until hot.
- ☐ Add pork chops; cook about 2 minutes on each side or until slightly browned.
- ☐ Remove pork chops from skillet; set aside.
- ☐ Reduce heat to medium. In same skillet, heat oil until hot.
- ☐ Add onion and mushrooms; cook 3 minutes, stirring frequently. Stir in milk and seasoning mix (from Ultimate Hamburger Helper box).
- ☐ Heat to boiling. Return pork chops to skillet; spoon some of the sauce over pork. Reduce heat; cover and simmer 9 to 11 minutes, stirring and turning pork chops occasionally, until pork is no longer pink in center.
- ☐ Meanwhile, in 2-quart saucepan two thirds full of boiling water; add uncooked pasta (from Ultimate Hamburger Helper box). Return to boiling; reduce heat. Simmer uncovered about 10 minutes, stirring occasionally, until pasta is tender.
- ☐ Drain; cover to keep warm.
- ☐ Stir cream sauce (from Ultimate Hamburger Helper box) into mixture in skillet. Cook, stirring constantly, just until hot.
- ☐ Serve pork chops and sauce mixture over pasta.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:2.24, Inflammation Score:-4, Nutrition Score:19.405217440232%

Flavonoids

Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg, Apigenin: 1.73mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.12mg, Myricetin:

0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

Nutrients (% of daily need)

Calories: 260.14kcal (13.01%), Fat: 12.59g (19.36%), Saturated Fat: 4.67g (29.21%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.71g (6.34%), Cholesterol: 86.22mg (28.74%), Sodium: 91.23mg (3.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.86g (57.72%), Selenium: 43.51µg (62.16%), Vitamin B1: 0.85mg (56.67%), Vitamin B3: 10.82mg (54.11%), Vitamin B6: 0.94mg (47.13%), Phosphorus: 386.85mg (38.68%), Vitamin B2: 0.52mg (30.33%), Potassium: 723.35mg (20.67%), Vitamin B5: 1.84mg (18.45%), Vitamin B12: 1.08µg (18.01%), Vitamin K: 16.76µg (15.96%), Zinc: 2.38mg (15.87%), Calcium: 119.41mg (11.94%), Magnesium: 45.86mg (11.46%), Copper: 0.22mg (10.81%), Vitamin D: 1.48µg (9.89%), Iron: 0.88mg (4.91%), Vitamin A: 210.6IU (4.21%), Vitamin C: 3.2mg (3.88%), Folate: 12.16µg (3.04%), Fiber: 0.76g (3.02%), Manganese: 0.06mg (2.78%), Vitamin E: 0.35mg (2.34%)