



Sour Cream Chops

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 10.5 ounce cream of chicken soup canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 5 large mushrooms fresh sliced
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup milk
- ☐ 1 onion sliced into rings

- ☐ 4 pork chops thick cut
- ☐ 0.5 teaspoon salt
- ☐ 4 teaspoons cup heavy whipping cream sour
- ☐ 1 large tomatoes fresh chopped

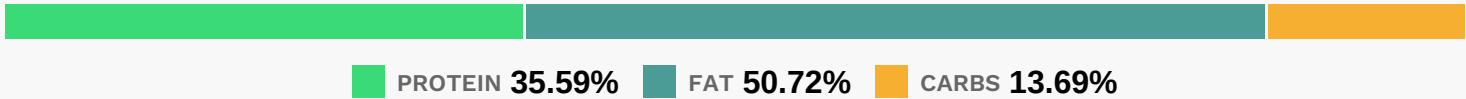
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a 4-quart saucepan over medium heat.
- ☐ Sprinkle pork chops with salt and pepper on both sides.
- ☐ Place in saucepan. Stir in onion, and garlic. Cook 3 minutes; turn pork chops, and cook 3 more minutes. Stir in basil, tomatoes, mushrooms, milk, and soup. Reduce heat to low, cover, and simmer. After 30 minutes, turn chops, stir contents, and simmer 30 minutes more. To serve, pour sauce over chops and top with a teaspoon of sour cream on each chop.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:4.26, Inflammation Score:-7, Nutrition Score:22.743478339651%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg, Quercetin: 5.87mg

Nutrients (% of daily need)

Calories: 379.81kcal (18.99%), Fat: 21.26g (32.71%), Saturated Fat: 9.16g (57.25%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 11.49g (4.18%), Sugar: 4.96g (5.51%), Cholesterol: 116.8mg (38.93%), Sodium: 940.43mg (40.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.57g (67.13%), Selenium: 49.61µg (70.87%), Vitamin B1: 0.98mg (65.22%), Vitamin B3: 12.4mg (62.01%), Vitamin B6: 1.11mg (55.71%), Phosphorus: 408.58mg (40.86%),

Vitamin B2: 0.47mg (27.54%), Potassium: 841.95mg (24.06%), Zinc: 2.74mg (18.29%), Vitamin B5: 1.77mg (17.72%),
Vitamin A: 850.25IU (17.01%), Copper: 0.31mg (15.71%), Vitamin B12: 0.91µg (15.11%), Magnesium: 54.13mg (13.53%),
Vitamin K: 14.06µg (13.39%), Manganese: 0.24mg (11.87%), Vitamin C: 9.72mg (11.78%), Iron: 1.89mg (10.48%),
Calcium: 81.43mg (8.14%), Vitamin E: 1.04mg (6.93%), Vitamin D: 0.93µg (6.19%), Fiber: 1.42g (5.68%), Folate:
19.98µg (5%)