



Stovetop Pork Chops and Potatoes

 Gluten Free

READY IN



65 min.

SERVINGS



6

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.8 ounce cream of mushroom soup canned
- 10.8 ounce milk canned
- 1 large onion chopped
- 6 pork chops boneless
- 5 potatoes peeled sliced
- 6 servings salt and pepper to taste
- 10.8 ounce water canned

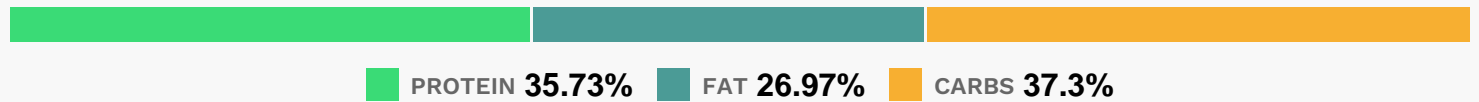
Equipment

frying pan

Directions

- Coat a large skillet or frying pan with non-stick cooking spray and brown chops over medium-high heat.
- Turn chops and add onions.
- Layer sliced potatoes on to of chops and sprinkle with salt and pepper.
- Combine soup, water and milk.
- Pour soup mixture into skillet.
- Add more water or milk if necessary to cover the potatoes.
- Cover pan and cook until potatoes are tender, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:24.12, Inflammation Score:-6, Nutrition Score:27.312608630761%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 415.83kcal (20.79%), Fat: 12.33g (18.97%), Saturated Fat: 4.89g (30.59%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 33.93g (12.34%), Sugar: 4.89g (5.43%), Cholesterol: 98.41mg (32.8%), Sodium: 651.72mg (28.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.74g (73.48%), Vitamin B6: 1.58mg (78.89%), Vitamin B1: 1.09mg (72.39%), Selenium: 45.98µg (65.68%), Vitamin B3: 13.11mg (65.57%), Phosphorus: 477.3mg (47.73%), Vitamin C: 36.82mg (44.63%), Potassium: 1423.82mg (40.68%), Vitamin B2: 0.41mg (24.24%), Manganese: 0.47mg (23.41%), Zinc: 3.41mg (22.71%), Magnesium: 88.33mg (22.08%), Copper: 0.39mg (19.34%), Vitamin B5: 1.82mg (18.16%), Vitamin B12: 1.07µg (17.76%), Fiber: 4.43g (17.73%), Iron: 2.46mg (13.69%), Calcium: 102.58mg (10.26%), Folate: 36.71µg (9.18%), Vitamin D: 1.09µg (7.3%), Vitamin K: 3.62µg (3.45%), Vitamin A: 91.69IU (1.83%), Vitamin E: 0.22mg (1.48%)