



Sunny's Creamy Chicken Pork Chops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce chicken broth canned
- ☐ 10.8 ounce cream of chicken soup canned
- ☐ 2 cloves garlic chopped
- ☐ 1 teaspoon olive oil
- ☐ 1 onion chopped
- ☐ 4 pork chops
- ☐ 4 servings salt and pepper to taste

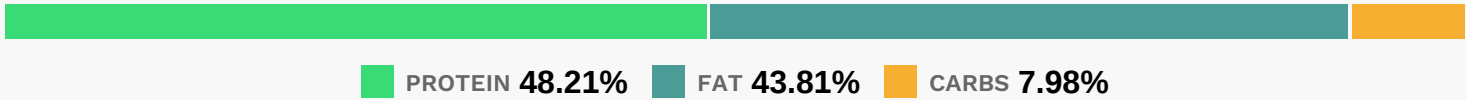
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Heat oil in a large skillet over medium high heat.
- ☐ Add onions and garlic and saute until translucent.
- ☐ Add pork chops and brown about 4 to 6 minutes each side, stirring often to avoid burning onions and garlic.
- ☐ Meanwhile, in a separate bowl, whisk together soup and broth.
- ☐ Pour soup mixture over browned chops, stirring well to loosen onions and garlic and to deglaze skillet. Reduce heat and gently simmer for 10 to 15 minutes, stirring and turning chops occasionally, until chops are cooked through. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C). Season with salt and pepper to taste and serve.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:3.05, Inflammation Score:-5, Nutrition Score:23.25652157742%

Flavonoids

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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

Nutrients (% of daily need)

Calories: 488.46kcal (24.42%), Fat: 23.05g (35.47%), Saturated Fat: 7.04g (43.99%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 8.95g (3.25%), Sugar: 1.59g (1.77%), Cholesterol: 147.26mg (49.09%), Sodium: 1289.67mg (56.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.09g (114.18%), Selenium: 65.06µg (92.95%), Vitamin B3: 13.51mg (67.56%), Vitamin B1: 0.92mg (61.29%), Vitamin B6: 1.22mg (60.98%), Phosphorus: 493.96mg

(49.4%), Zinc: 4.93mg (32.88%), Vitamin B12: 1.74µg (28.96%), Vitamin B2: 0.39mg (23.22%), Potassium: 740.6mg (21.16%), Iron: 2.9mg (16.13%), Magnesium: 60.54mg (15.14%), Copper: 0.24mg (11.97%), Vitamin B5: 1.16mg (11.63%), Vitamin E: 1.07mg (7.1%), Vitamin A: 326.61IU (6.53%), Manganese: 0.12mg (6.11%), Vitamin K: 6.22µg (5.93%), Calcium: 43.6mg (4.36%), Vitamin D: 0.64µg (4.26%), Vitamin C: 2.58mg (3.13%), Folate: 8.85µg (2.21%), Fiber: 0.5g (2%)