



## Super-Moist Pork Chops



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup rice long-grain white uncooked
- ☐ 1 tablespoon olive oil
- ☐ 2 pounds pork loin chops bone-in
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon pepper black
- ☐ 1 teaspoon rosemary dried
- ☐ 18 oz cream of mushroom soup canned

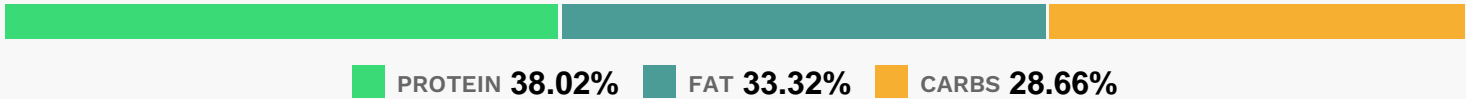
## Equipment

- ☐ frying pan
- ☐ kitchen thermometer

## Directions

- ☐ Make rice as directed on package.
- ☐ Meanwhile, in 10-inch skillet, heat oil over medium-high heat until hot. Cook pork chops in oil about 5 minutes on each side or until well browned.
- ☐ Sprinkle pork chops with salt, pepper and rosemary.
- ☐ Pour soup over all and heat to boiling. Reduce heat to low. Cover and cook 20 to 25 minutes or until pork is no longer pink and meat thermometer inserted in center reads 160°F.

## Nutrition Facts



## Properties

Glycemic Index:40.8, Glycemic Load:22.29, Inflammation Score:-3, Nutrition Score:31.428260968593%

## Nutrients (% of daily need)

Calories: 629.82kcal (31.49%), Fat: 22.62g (34.8%), Saturated Fat: 7.66g (47.87%), Carbohydrates: 43.79g (14.6%), Net Carbohydrates: 42.86g (15.58%), Sugar: 0.06g (0.06%), Cholesterol: 158.33mg (52.78%), Sodium: 1306.48mg (56.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 58.07g (116.14%), Selenium: 82.07µg (117.24%), Vitamin B1: 1.57mg (104.73%), Vitamin B3: 20.01mg (100.04%), Vitamin B6: 1.77mg (88.73%), Phosphorus: 603.16mg (60.32%), Manganese: 0.93mg (46.74%), Zinc: 5.43mg (36.18%), Vitamin B2: 0.52mg (30.55%), Potassium: 1063.54mg (30.39%), Copper: 0.49mg (24.38%), Vitamin B5: 2.36mg (23.64%), Vitamin B12: 1.41µg (23.44%), Magnesium: 79.95mg (19.99%), Iron: 2.45mg (13.61%), Vitamin D: 0.91µg (6.05%), Vitamin E: 0.85mg (5.68%), Fiber: 0.93g (3.72%), Calcium: 35.57mg (3.56%), Folate: 12.75µg (3.19%), Vitamin K: 2.56µg (2.44%)