



## Swiss Pork Chop and Potato Casserole

 Gluten Free

READY IN



85 min.

SERVINGS



4

CALORIES



833 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 1.8 oz bearnaise sauce mix white
- ☐ 2 cups milk
- ☐ 4 oz swiss cheese shredded
- ☐ 0.5 teaspoon rosemary dried crumbled
- ☐ 4 cups yukon gold potatoes peeled sliced
- ☐ 1.5 cups rum peeled sliced
- ☐ 1 medium onion thinly sliced
- ☐ 4 pork loin chops bone-in

☐ 0.5 teaspoon lawry's seasoned salt

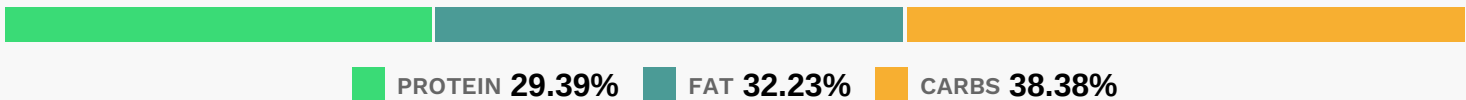
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ glass baking pan

## Directions

- ☐ Heat oven to 350°F. Spray 11x7-inch (2-quart) glass baking dish with cooking spray. In 1 1/2-quart saucepan, mix sauce mix and milk.
- ☐ Heat to boiling over medium heat, stirring constantly with wire whisk. Stir in cheese and rosemary until cheese is melted.
- ☐ In baking dish, layer half of the Yukon gold potatoes, all of the sweet potato and half of the onion.
- ☐ Spread about half of the sauce over top.
- ☐ Layer with remaining potatoes and onion; cover with remaining sauce.
- ☐ Cover and bake 30 minutes. Meanwhile, heat 12-inch nonstick skillet over medium-high heat.
- ☐ Sprinkle both sides of pork chops with peppered seasoned salt. Cook pork in skillet 4 to 5 minutes, turning once, until brown.
- ☐ Place pork on potatoes.
- ☐ Bake uncovered 30 to 35 minutes longer or until pork is no longer pink when cut near bone and potatoes are tender.

## Nutrition Facts



## Properties

Glycemic Index:65.19, Glycemic Load:33.1, Inflammation Score:-8, Nutrition Score:35.424347711646%

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: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg, Kaempferol: 2.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 833.29kcal (41.66%), Fat: 22.23g (34.21%), Saturated Fat: 10.79g (67.41%), Carbohydrates: 59.58g (19.86%), Net Carbohydrates: 53.9g (19.6%), Sugar: 13.66g (15.18%), Cholesterol: 130.79mg (43.6%), Sodium: 470.65mg (20.46%), Alcohol: 30.06g (100%), Alcohol %: 5.84% (100%), Protein: 45.62g (91.23%), Vitamin B6: 1.8mg (89.96%), Selenium: 56.05µg (80.08%), Vitamin B1: 1.17mg (78.17%), Phosphorus: 735.23mg (73.52%), Vitamin B3: 13.39mg (66.93%), Vitamin C: 48.65mg (58.97%), Potassium: 1741.11mg (49.75%), Calcium: 446.81mg (44.68%), Vitamin B12: 2.23µg (37.09%), Vitamin B2: 0.59mg (34.64%), Zinc: 4.59mg (30.57%), Magnesium: 116.04mg (29.01%), Vitamin B5: 2.29mg (22.85%), Fiber: 5.68g (22.71%), Manganese: 0.43mg (21.52%), Copper: 0.38mg (18.75%), Iron: 2.65mg (14.73%), Vitamin D: 1.88µg (12.52%), Folate: 45.67µg (11.42%), Vitamin A: 443.97IU (8.88%), Vitamin K: 5.37µg (5.11%), Vitamin E: 0.43mg (2.9%)