



 **51%**
HEALTH SCORE

Swiss Pork Chop and Potato Casserole

 **Gluten Free**

READY IN



85 min.

SERVINGS



4

CALORIES



668 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 teaspoon rosemary dried crumbled
- 2 cups milk
- 1 medium onion thinly sliced
- 4 pork loin chops bone-in
- 0.5 teaspoon lawry's seasoned salt
- 1.8 oz bearnaise sauce mix white
- 1.5 cups sweet potatoes and into peeled sliced
- 4 oz swiss cheese shredded

- 4 cups yukon gold potatoes peeled sliced

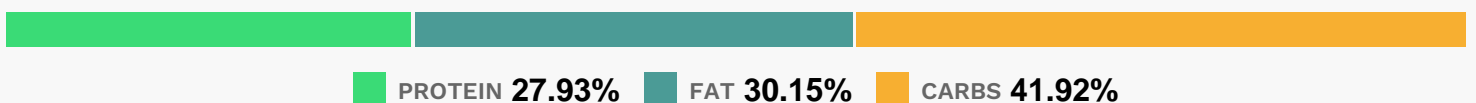
Equipment

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

Directions

- Heat oven to 350F. 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:75.94, Glycemic Load:38.05, Inflammation Score:-10, Nutrition Score:41.442609175392%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg, Kaempferol: 2.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 668.29kcal (33.41%), Fat: 22.26g (34.24%), Saturated Fat: 10.79g (67.47%), Carbohydrates: 69.62g (23.21%), Net Carbohydrates: 62.44g (22.71%), Sugar: 15.75g (17.5%), Cholesterol: 130.79mg (43.6%), Sodium: 497.18mg (21.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.4g (92.8%), Vitamin A: 7519.74IU (150.39%), Vitamin B6: 1.9mg (95.12%), Selenium: 56.35µg (80.5%), Vitamin B1: 1.21mg (80.41%), Phosphorus: 755.07mg (75.51%), Vitamin B3: 13.65mg (68.26%), Vitamin C: 49.85mg (60.42%), Potassium: 1907.39mg (54.5%), Calcium: 461.77mg (46.18%), Vitamin B12: 2.23µg (37.09%), Vitamin B2: 0.62mg (36.22%), Magnesium: 128.5mg (32.13%), Zinc: 4.7mg (31.33%), Fiber: 7.17g (28.7%), Manganese: 0.54mg (27.14%), Vitamin B5: 2.68mg (26.84%), Copper: 0.43mg (21.57%), Iron: 2.92mg (16.22%), Folate: 51.16µg (12.79%), Vitamin D: 1.88µg (12.52%), Vitamin K: 6.27µg (5.97%), Vitamin E: 0.56mg (3.76%)