

Baked Smothered Pork Chops

Yield: 6 min
Total Time: 130 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-baked-pork-chop-and-rice-recipe>

Ingredients:

- 6 pork chops
- 2 cups rice
- 1 medium onion Diced
- 21 ounces cream of mushroom soup 2 cans
- 10 1/2 ounces French onion soup 1 can
- 1 cup milk
- 2 tablespoons fresh parsley diced, optional

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 80 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 39 grams
7. SaturatedFat: 3 grams
8. Sodium: 1070 milligrams
9. Sugar: 6 grams

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