



Chicago-Style Pork Chop Sandwiches Recipe



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 6 hawaiian rolls
- ☐ 2 large onion yellow halved thinly sliced
- ☐ 6 pork chops boneless
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil plus more if needed

Equipment

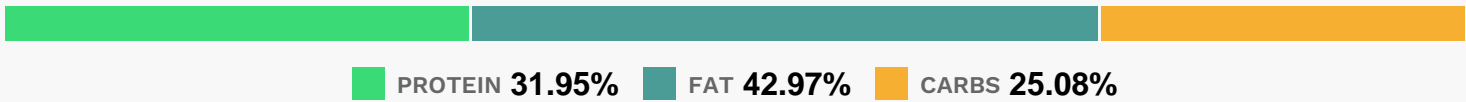
- ☐ bowl

- ☐ frying pan
- ☐ broiler
- ☐ slotted spoon

Directions

- ☐ In a large skillet over medium heat, warm the vegetable oil.
- ☐ Add the onions and season them with half of the salt and pepper. Toss to mix well and cook until they are soft and well browned, about 15 minutes. With a slotted spoon, transfer the onions to a bowl and set them aside.Preheat the broiler on high. Season the chops with the remaining salt and pepper.
- ☐ Add a little more oil to the pan if needed, then raise the temperature to medium-high.
- ☐ Add the chops and cook for 3 to 4 minutes per side, until they are golden brown.Under the broiler, toast the buns on the cut sides only, until lightly browned. On each bun, place a pork chop and then top it with one-sixth of the onions.
- ☐ Serve immediately.Try out these pork chop recipes on Food Republic:Cider-Brined Pork Chops With Maple-Bacon Chutney Recipe
- ☐ Sage-Garlic-Brined Pork Chops Recipe
- ☐ Pork Chop-Stuffed French Toast Recipe

Nutrition Facts



Properties

Glycemic Index:20.17, Glycemic Load:13.95, Inflammation Score:-5, Nutrition Score:21.863478170141%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg, Quercetin: 10.15mg

Nutrients (% of daily need)

Calories: 428.8kcal (21.44%), Fat: 20.13g (30.96%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 24.72g (8.99%), Sugar: 5.25g (5.84%), Cholesterol: 89.78mg (29.93%), Sodium: 666.39mg

(28.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.66g (67.33%), Selenium: 56.32µg (80.45%), Vitamin B1: 1.15mg (76.71%), Vitamin B3: 12.56mg (62.82%), Vitamin B6: 1.06mg (53.04%), Phosphorus: 361.3mg (36.13%), Vitamin B2: 0.39mg (22.92%), Vitamin K: 19.51µg (18.58%), Potassium: 629.79mg (17.99%), Manganese: 0.36mg (17.76%), Zinc: 2.48mg (16.54%), Vitamin B12: 0.8µg (13.27%), Iron: 2.29mg (12.71%), Magnesium: 50.31mg (12.58%), Folate: 49.98µg (12.49%), Vitamin B5: 1.04mg (10.4%), Calcium: 84.52mg (8.45%), Copper: 0.15mg (7.31%), Vitamin E: 1.05mg (6.98%), Fiber: 1.71g (6.83%), Vitamin C: 4.26mg (5.16%), Vitamin D: 0.54µg (3.57%)