



## Consomme Pork Chops

 Dairy Free

READY IN



115 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 cup beef consomme
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons olive oil
- ☐ 1 onion thinly sliced
- ☐ 6 pork chops
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup water
- ☐ 1 cup rice long grain white uncooked

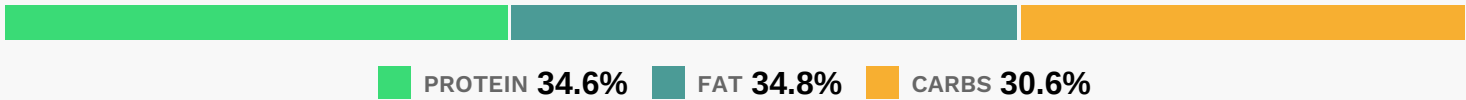
# Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

# Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat the oil in a skillet over medium heat.
- ☐ Place the flour in a shallow dish. Season pork chops with salt and pepper, and press in the flour to lightly coat.
- ☐ Place chops in the skillet, and lightly brown on both sides.
- ☐ Drain on paper towels.
- ☐ In a large baking dish, mix the rice, consomme, and water. Arrange onion slices over the rice. Top with pork chops.
- ☐ Bake in the preheated oven 1 1/2 hours, or until rice is tender and pork is done.

# Nutrition Facts



# Properties

Glycemic Index:27.2, Glycemic Load:16.6, Inflammation Score:-3, Nutrition Score:18.450434849962%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

# Nutrients (% of daily need)

Calories: 380.73kcal (19.04%), Fat: 14.3g (22%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 28.29g (9.43%), Net Carbohydrates: 27.51g (10%), Sugar: 0.82g (0.91%), Cholesterol: 89.78mg (29.93%), Sodium: 410.31mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.99g (63.98%), Selenium: 50.23µg (71.76%), Vitamin B1: 0.94mg (62.95%), Vitamin B3: 11.68mg (58.39%), Vitamin B6: 1.05mg (52.53%), Phosphorus: 351.52mg (35.15%), Manganese: 0.39mg (19.5%), Vitamin B2: 0.29mg (16.98%), Potassium: 586.41mg (16.75%), Zinc: 2.46mg (16.43%), Vitamin B5: 1.33mg (13.28%), Vitamin B12: 0.74µg (12.3%), Magnesium: 45.93mg (11.48%), Copper: 0.16mg (7.85%), Iron: 1.17mg (6.48%), Vitamin E: 0.89mg (5.9%), Vitamin D: 0.54µg (3.57%), Fiber: 0.78g (3.12%), Folate: 11.32µg (2.83%), Vitamin K: 2.92µg (2.78%), Calcium: 25.76mg (2.58%), Vitamin C: 1.36mg (1.64%)