



# Country Pork Chop and Potatoes with Black Pepper White Gravy

 Very Healthy

READY IN



95 min.

SERVINGS



2

CALORIES



1283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 tablespoons butter
- 0.1 teaspoon cayenne pepper
- 0.3 cup flour all-purpose
- 0.5 cup flour all-purpose
- 2 servings parsley fresh chopped for serving, optional
- 0.5 teaspoon garlic salt
- 2 servings kosher salt and pepper black freshly ground

- 1 Dash nutmeg freshly grated
- 0.5 teaspoon onion powder
- 1 teaspoon paprika
- 2 center-cut pork chops
- 1 large shallots minced
- 0.3 cup vegetable oil
- 2.5 cups milk whole
- 4 large yukon gold potatoes scrubbed cut into 1/4-inch slices well

## Equipment

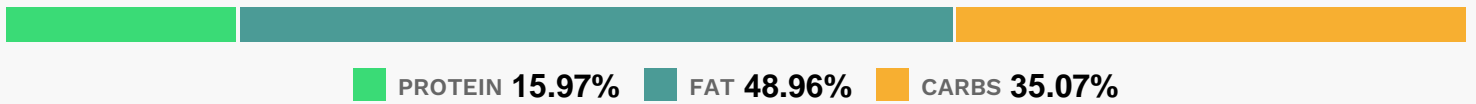
- frying pan
- sauce pan
- oven
- whisk
- casserole dish

## Directions

- For the gravy: Melt the butter in a large saucepan over medium heat. Once the butter is melted and foamy, stir in the flour and cook until pasty, 1 to 2 minutes.
- Slowly whisk in the milk, making sure there are no lumps. Bring to a boil over medium heat, stirring frequently.
- Season the sauce with nutmeg, a pinch of salt and black pepper. Reduce the heat and simmer for 10 minutes, stirring occasionally.
- For the potatoes: Preheat the oven to 350 degrees F. Spray a 9- by 9-inch casserole dish with nonstick spray.
- Layer a third of the potatoes into the casserole dish. Top with a third of the shallots and sprinkle lightly with salt and black pepper. Repeat with the remaining potatoes and shallots, a third at a time. Cover the potatoes with the black pepper white gravy and bake, covered in tinfoil, for 25 minutes.
- Heat the vegetable oil in a large cast-iron skillet over medium-high heat.

- Combine the flour, paprika, garlic powder, onion powder and cayenne together in a pie plate.
- Sprinkle the pork chops on both sides with salt and black pepper, and then dredge them through the flour mixture.
- Add the pork chops to the hot oil and brown on both sides. You do not want to cook them all the way through.
- Remove the casserole dish from the oven and lay the chops on top of the potatoes.
- Bake until the potatoes are soft and the pork chops are cooked through and browned, 35 to 40 minutes.
- Serve with some chopped parsley sprinkled over the top if desired.

## Nutrition Facts



### Properties

Glycemic Index:266.38, Glycemic Load:75.48, Inflammation Score:-9, Nutrition Score:55.1699999993366%

### Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg, Kaempferol: 2.78mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

### Nutrients (% of daily need)

Calories: 1283.01kcal (64.15%), Fat: 70.17g (107.95%), Saturated Fat: 27.83g (173.94%), Carbohydrates: 113.1g (37.7%), Net Carbohydrates: 103.23g (37.54%), Sugar: 18.78g (20.86%), Cholesterol: 186.58mg (62.19%), Sodium: 967.89mg (42.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.51g (103.02%), Vitamin K: 126.38µg (120.36%), Vitamin B1: 1.72mg (114.98%), Vitamin B6: 2.26mg (112.96%), Selenium: 67.65µg (96.65%), Vitamin C: 73.54mg (89.14%), Vitamin B3: 17.59mg (87.93%), Phosphorus: 878.19mg (87.82%), Potassium: 2542.95mg (72.66%), Vitamin B2: 1.04mg (61.14%), Manganese: 0.96mg (47.9%), Calcium: 455.34mg (45.53%), Magnesium: 168.77mg (42.19%), Vitamin A: 2089.05IU (41.78%), Vitamin B12: 2.4µg (40.08%), Fiber: 9.87g (39.46%), Folate: 152.69µg (38.17%), Vitamin B5: 3.44mg (34.37%), Iron: 6.18mg (34.31%), Zinc: 4.84mg (32.26%), Copper: 0.55mg (27.36%), Vitamin D: 3.89µg (25.94%), Vitamin E: 3.63mg (24.22%)