



Creamy Herbed Pork Chops

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon beef bouillon granules instant
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter divided
- ☐ 1 tablespoon basil dried
- ☐ 2 cups milk
- ☐ 1 teaspoon steak seasoning to taste
- ☐ 4 pork chops thick-cut

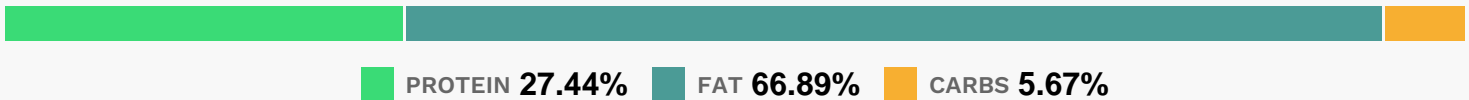
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ Season pork chops on all sides with Montreal steak seasoning.
- ☐ Melt 2 tablespoons butter in a large skillet over medium heat. Cook chops in melted butter until browned and slightly pink in the center, about 7 to 10 minutes per side. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- ☐ Add remaining butter to the pan as needed so that about 3 tablespoons pan drippings remain in the pan when the chops are finished cooking.
- ☐ Transfer pork chops to a plate and return skillet to medium-high heat.
- ☐ Mix flour, basil, and beef bouillon together in a bowl. Stir black pepper into skillet with the pan drippings and cook for 1 minute.
- ☐ Add flour mixture and cook, stirring constantly, until browned, about 2 minutes.
- ☐ Pour milk into flour mixture; cook and stir constantly until mixture is thick and bubbly, 4 to 6 minutes.
- ☐ Pour sauce over pork chops and serve.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:2.24, Inflammation Score:-6, Nutrition Score:22.275217764404%

Nutrients (% of daily need)

Calories: 490.32kcal (24.52%), Fat: 36.33g (55.89%), Saturated Fat: 20.19g (126.2%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.99g (6.66%), Cholesterol: 165.45mg (55.15%), Sodium: 414.13mg (18.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.54g (67.07%), Selenium: 47.18µg (67.41%), Vitamin B1: 0.97mg (64.48%), Vitamin B3: 10.93mg (54.65%), Vitamin B6: 1.07mg (53.53%), Phosphorus: 438.38mg (43.84%), Vitamin B2: 0.44mg (25.94%), Vitamin B12: 1.42µg (23.7%), Vitamin K: 24.34µg (23.18%), Potassium: 728.01mg (20.8%), Calcium: 196.15mg (19.61%), Vitamin A: 935.43IU (18.71%), Zinc: 2.7mg (17.98%), Magnesium: 59.38mg (14.85%), Vitamin B5: 1.48mg (14.77%), Vitamin D: 1.88µg (12.52%), Manganese: 0.21mg (10.61%), Iron:

1.81mg (10.05%), Vitamin E: 1.01mg (6.75%), Copper: 0.11mg (5.41%), Fiber: 0.56g (2.24%), Folate: 4.89µg (1.22%)