



 7%  
HEALTH SCORE

## Easy Caramelized Onion Pork Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons pepper black
- 1 onion cut into strips
- 16 ounce pork loin chops
- 3 teaspoons lawry's seasoned salt
- 1 tablespoon vegetable oil
- 1 cup water

### Equipment

- frying pan

## Directions

- Rub chops with 2 teaspoons seasoning salt and 1 teaspoon pepper, or to taste.
- In a skillet, heat oil over medium heat. Brown pork chops on each side.
- Add the onions and water to the pan. Cover, reduce heat, and simmer for 20 minutes.
- Turn chops over, and add remaining salt and pepper. Cover, and cook until water evaporates and onions turn light to medium brown.
- Remove chops from pan, and serve with onions on top.

## Nutrition Facts

 **PROTEIN 46.4%**  **FAT 47.61%**  **CARBS 5.99%**

## Properties

Glycemic Index:14.75, Glycemic Load:0.69, Inflammation Score:-3, Nutrition Score:14.207391254928%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

## Nutrients (% of daily need)

Calories: 219.33kcal (10.97%), Fat: 11.33g (17.43%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.49g (0.9%), Sugar: 1.17g (1.3%), Cholesterol: 75.98mg (25.33%), Sodium: 1802.8mg (78.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.84g (49.69%), Selenium: 37.73µg (53.89%), Vitamin B1: 0.77mg (51.34%), Vitamin B3: 9.1mg (45.51%), Vitamin B6: 0.86mg (42.96%), Phosphorus: 265.83mg (26.58%), Potassium: 476.77mg (13.62%), Vitamin B2: 0.22mg (12.88%), Zinc: 1.83mg (12.18%), Vitamin B12: 0.6µg (10.02%), Manganese: 0.18mg (8.77%), Vitamin B5: 0.87mg (8.72%), Magnesium: 34.58mg (8.64%), Vitamin K: 8µg (7.62%), Copper: 0.1mg (4.92%), Iron: 0.74mg (4.1%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.44mg (2.94%), Fiber: 0.72g (2.88%), Vitamin C: 2.04mg (2.47%), Calcium: 21.55mg (2.15%), Folate: 5.39µg (1.35%)