



Easy Smothered Pork Chops

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup spring onion sliced
- 20 oz pork loin boneless trimmed of fat
- 0.3 cup oz. bacon into pieces crumbled (from 4.3-oz pouch)

Equipment

- frying pan

Directions

- BROWN pork chops for 4 minutes turning once sprinkled with salt and pepper in 12-inch skillet with 1.T oil over medium heat.
- Remove from skillet; set aside.
- STIR in cooking sauce and 1/4 cup of the green onions to skillet; heat to boiling, stirring occasionally. Reduce heat; simmer uncovered 2 to 4 minutes, stirring occasionally, until sauce thickens.
- RETURN pork to skillet. Simmer uncovered 8 to 10 minutes over medium heat, turning once, until pork is no longer pink in center.
- SPRINKLE with bacon and remaining green onions.

Nutrition Facts

PROTEIN 67.26% **FAT 31.56%** **CARBS 1.18%**

Properties

Glycemic Index:8, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:15.039565018986%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 214.99kcal (10.75%), Fat: 7.28g (11.2%), Saturated Fat: 2.78g (17.39%), Carbohydrates: 0.61g (0.2%), Net Carbohydrates: 0.4g (0.14%), Sugar: 0.19g (0.22%), Cholesterol: 99.39mg (33.13%), Sodium: 282.66mg (12.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.92g (69.84%), Selenium: 39.31µg (56.16%), Vitamin B6: 1.08mg (53.76%), Vitamin B1: 0.63mg (42.17%), Vitamin B3: 8.19mg (40.94%), Phosphorus: 322.02mg (32.2%), Zinc: 2.58mg (17.23%), Vitamin K: 17.25µg (16.43%), Vitamin B2: 0.27mg (15.98%), Potassium: 553.14mg (15.8%), Vitamin B12: 0.72µg (12.05%), Vitamin B5: 1.06mg (10.62%), Magnesium: 38.52mg (9.63%), Iron: 0.89mg (4.94%), Copper: 0.09mg (4.46%), Vitamin D: 0.57µg (3.78%), Vitamin C: 1.57mg (1.9%), Vitamin A: 83.08IU (1.66%), Vitamin E: 0.23mg (1.53%), Folate: 5.33µg (1.33%), Calcium: 13.09mg (1.31%), Manganese: 0.02mg (1.16%)