



Ed Zieba's Famous Family Pork Chops



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 pork chops bone-in
- ☐ 3 onions sliced
- ☐ 8 servings lawry's seasoned salt to taste
- ☐ 0.3 cup water

Equipment

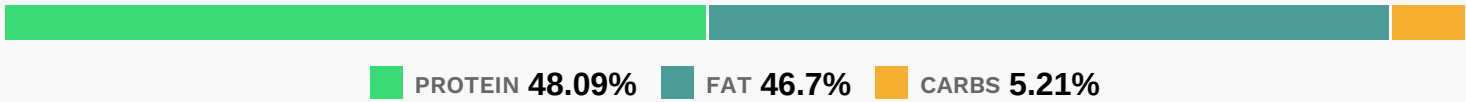
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer

- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C).
- ☐ Season the pork chops with seasoned salt and place in a glass baking dish. Arrange onion slices on top of pork chops, then pour the water into the pan. Cover with aluminum foil.
- ☐ Bake for 1 hour in the preheated oven, then reduce the oven temperature to 300 degrees F (150 degrees C). Continue to cook until an instant-read thermometer inserted into the center reaches 145 degrees F (63 degrees C), about another 30 minutes.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:18.526086827983%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg, Isorhamnetin: 2.07mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg, Quercetin: 8.37mg

Nutrients (% of daily need)

Calories: 304.65kcal (15.23%), Fat: 15.35g (23.61%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.15g (1.15%), Sugar: 1.75g (1.94%), Cholesterol: 116.96mg (38.99%), Sodium: 289.03mg (12.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.11%), Selenium: 57.5µg (82.14%), Vitamin B6: 1.23mg (61.55%), Vitamin B3: 11.27mg (56.34%), Vitamin B1: 0.84mg (56.07%), Phosphorus: 366.22mg (36.62%), Zinc: 3.07mg (20.48%), Vitamin B2: 0.33mg (19.5%), Potassium: 641.65mg (18.33%), Vitamin B12: 0.9µg (14.97%), Vitamin B5: 1.24mg (12.44%), Magnesium: 46.58mg (11.64%), Iron: 1.16mg (6.42%), Copper: 0.12mg (6.21%), Vitamin D: 0.85µg (5.65%), Calcium: 42.03mg (4.2%), Vitamin C: 3.05mg (3.7%), Manganese: 0.07mg (3.28%), Fiber: 0.7g (2.81%), Folate: 7.84µg (1.96%), Vitamin E: 0.21mg (1.41%)