

## Fried Pork Chops

READY IN



30 min.

SERVINGS



8

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.3 teaspoons pepper black freshly ground
- 8 ounce pork chops bone-in
- 0.7 cup buttermilk
- 1 pinch cayenne pepper
- 1 pinch celery seeds
- 1.3 cups flour all-purpose
- 3 teaspoon garlic powder
- 1.3 teaspoons salt
- 4 cups vegetable oil

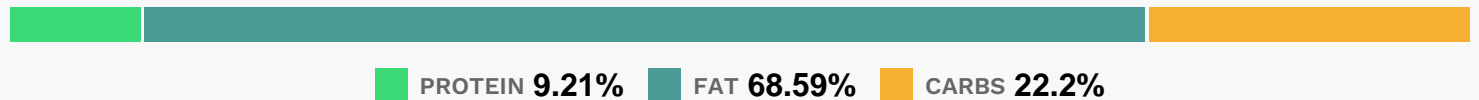
## Equipment

- frying pan
- paper towels
- tongs

## Directions

- Heat oil in a deep skillet to 350 degrees F.
- Arrange the pork chops in a large shallow dish. Season each pork chop, on both sides, with salt, black pepper, garlic powder, cayenne pepper and celery seeds.
- Pour the buttermilk over the chops and turn to coat.
- Place flour into a large shallow dish. Dip each pork chop into the flour mixture and coat well, shaking off the excess.
- Using tongs, gently lower the chops into the deep skillet in batches if necessary. Fry for 8 to 10 minutes or until golden brown, turning once.
- Transfer chops to a paper towel-lined plate to drain.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:21.88, Glycemic Load:11.88, Inflammation Score:-4, Nutrition Score:8.3752174424412%

## Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg

## Nutrients (% of daily need)

Calories: 322.13kcal (16.11%), Fat: 24.64g (37.91%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 17.19g (6.25%), Sugar: 1.06g (1.18%), Cholesterol: 16.87mg (5.62%), Sodium: 397.41mg (17.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.44g (14.88%), Vitamin K: 40.74µg (38.8%), Selenium: 15.29µg (21.84%), Vitamin B1: 0.28mg (18.78%), Vitamin B3: 2.67mg (13.36%), Vitamin E: 1.85mg (12.34%), Vitamin B2: 0.18mg

(10.6%), Manganese: 0.21mg (10.29%), Folate: 39.73µg (9.93%), Vitamin B6: 0.19mg (9.27%), Phosphorus: 89.81mg (8.98%), Iron: 1.27mg (7.03%), Zinc: 0.65mg (4.3%), Potassium: 141.87mg (4.05%), Calcium: 34.89mg (3.49%), Magnesium: 13.88mg (3.47%), Vitamin B12: 0.2µg (3.41%), Vitamin B5: 0.33mg (3.3%), Fiber: 0.76g (3.04%), Copper: 0.06mg (3.03%), Vitamin D: 0.37µg (2.44%)