



Fried Pork Chops with Cream Gravy

READY IN



30 min.

SERVINGS



5

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon cajun spice
- ☐ 1 cup skim milk fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon garlic powder
- ☐ 5 servings pepper
- ☐ 1 cup nonfat buttermilk
- ☐ 0.3 teaspoon pepper
- ☐ 4 ounce pork chops boneless
- ☐ 0.3 teaspoon salt

☐ 3 tablespoons vegetable oil

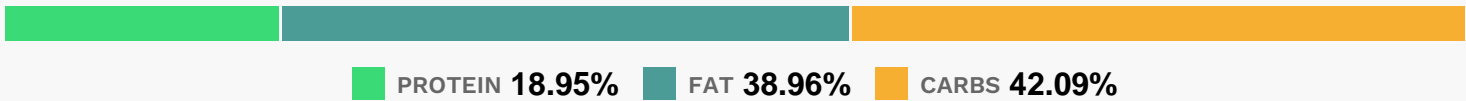
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Reserve 2 tablespoons flour, and set aside.
- ☐ Place remaining flour in a shallow dish.
- ☐ Combine Cajun seasoning, garlic powder, and pepper. Rub pork chops evenly on both sides with seasoning mixture.
- ☐ Dip pork in buttermilk; dredge in flour. Lightly coat both sides of pork with cooking spray.
- ☐ Cook pork, in batches, in hot oil in a large heavy skillet over medium-high heat 5 minutes on each side or until golden brown.
- ☐ Drain on paper towels.
- ☐ Add reserved 2 tablespoons flour to pan drippings in skillet; stir in milk and salt, and cook, stirring constantly, until thickened and bubbly.
- ☐ Serve immediately with pork.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:38.45, Glycemic Load:14.64, Inflammation Score:-4, Nutrition Score:8.9873912619508%

Nutrients (% of daily need)

Calories: 235.05kcal (11.75%), Fat: 10.08g (15.5%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 23.61g (8.59%), Sugar: 4.95g (5.5%), Cholesterol: 17.61mg (5.87%), Sodium: 191.68mg (8.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.05%), Vitamin B1: 0.38mg (25.14%), Selenium: 17.03µg (24.33%), Vitamin B3: 3.39mg (16.95%), Vitamin K: 15.73µg (14.98%), Vitamin B2: 0.24mg (13.83%), Phosphorus: 132.88mg (13.29%), Folate: 47.03µg (11.76%), Vitamin B6: 0.22mg (10.79%), Manganese: 0.21mg (10.36%), Calcium:

78.16mg (7.82%), Iron: 1.39mg (7.71%), Vitamin B12: 0.4µg (6.74%), Vitamin A: 298.98IU (5.98%), Potassium: 206.77mg (5.91%), Vitamin E: 0.83mg (5.54%), Zinc: 0.77mg (5.14%), Vitamin B5: 0.46mg (4.63%), Magnesium: 18.45mg (4.61%), Vitamin D: 0.63µg (4.2%), Fiber: 0.88g (3.51%), Copper: 0.06mg (2.8%)