

Grandmother's Pork Chop Dinner

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 pound bacon
- 1 onion sliced
- 4 pork chops
- 3 potatoes thick peeled cut into slices
- 4 servings salt and pepper to taste
- 1 cup water

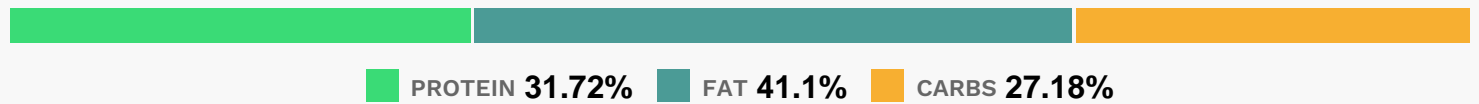
Equipment

- frying pan

Directions

- Place the bacon in a large, deep skillet with a lid, and cook over medium-high heat, turning occasionally, until cooked through but not crisp, about 6 minutes.
- Remove the bacon from the skillet and set aside.
- Sear the pork chops until browned on each side.
- Place the pork chops, onion, and potato slices into the skillet, and pour the water over the ingredients. Cover the skillet, bring to a boil over medium heat, reduce the heat, and simmer until the potatoes are tender, about 30 minutes.
- Sprinkle with salt and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:21, Inflammation Score:-5, Nutrition Score:25.204782729564%

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: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg, Quercetin: 6.7mg

Nutrients (% of daily need)

Calories: 459.92kcal (23%), Fat: 20.72g (31.88%), Saturated Fat: 7.11g (44.41%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 26.86g (9.77%), Sugar: 2.41g (2.68%), Cholesterol: 108.49mg (36.16%), Sodium: 459.43mg (19.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.98g (71.97%), Vitamin B6: 1.55mg (77.63%), Vitamin B1: 1.11mg (74.16%), Selenium: 50.67µg (72.39%), Vitamin B3: 13.56mg (67.8%), Phosphorus: 442.7mg (44.27%), Vitamin C: 33.51mg (40.61%), Potassium: 1268.69mg (36.25%), Magnesium: 78.33mg (19.58%), Zinc: 2.93mg (19.52%), Vitamin B2: 0.33mg (19.38%), Vitamin B5: 1.64mg (16.38%), Fiber: 3.98g (15.93%), Manganese: 0.29mg (14.64%), Vitamin B12: 0.85µg (14.2%), Copper: 0.28mg (13.99%), Iron: 2.09mg (11.62%), Folate: 30.78µg (7.7%), Vitamin D: 0.65µg (4.33%), Calcium: 38.19mg (3.82%), Vitamin K: 3.15µg (3%), Vitamin E: 0.32mg (2.12%)