



Gravy Pork Chops with Stuffing Biscuits

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1.8 lb pork loin chops bone-in
- ☐ 12 oz gravy home-style
- ☐ 0.5 cup celery thinly sliced
- ☐ 0.3 cup onion chopped (1 small)
- ☐ 0.5 teaspoon sage dried
- ☐ 0.3 cup milk
- ☐ 1 cup frangelico

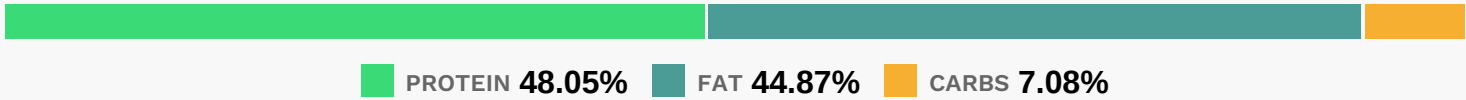
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 12-inch nonstick skillet, melt butter over medium-high heat.
- ☐ Add pork chops; cook 8 to 10 minutes, turning once, until browned.
- ☐ Place pork chops in baking dish.
- ☐ Pour gravy over top.
- ☐ In same skillet, cook celery and onion over medium-high heat 3 to 5 minutes, stirring frequently, until tender; remove from heat.
- ☐ In small bowl, stir Bisquick mix, sage and milk until blended. Stir in celery and onion mixture. Drop large spoonful of dough onto each pork chop.
- ☐ Bake 20 to 25 minutes or until biscuits are golden brown and pork chops are no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.62, Inflammation Score:-4, Nutrition Score:25.35521697998%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 386.81kcal (19.34%), Fat: 18.72g (28.8%), Saturated Fat: 6.56g (41.01%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 6.26g (2.28%), Sugar: 3.01g (3.34%), Cholesterol: 142.2mg (47.4%), Sodium: 536.02mg (23.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.11g (90.22%), Selenium: 66.17µg (94.53%), Vitamin B1: 1.34mg (89.56%), Vitamin B3: 15.93mg (79.63%), Vitamin B6: 1.47mg (73.74%), Phosphorus: 475.85mg (47.59%), Copper: 0.88mg (43.87%), Vitamin B2: 0.41mg (23.92%), Potassium: 820.67mg (23.45%), Zinc: 3.2mg (21.32%), Vitamin B12: 1.17µg (19.42%), Vitamin B5: 1.56mg (15.65%), Magnesium: 56.96mg (14.24%), Vitamin D: 1.02µg (6.78%), Iron: 1.07mg (5.92%), Calcium: 48.94mg (4.89%), Vitamin A: 222.96IU (4.46%), Vitamin K: 3.8µg (3.62%), Manganese: 0.07mg (3.27%), Vitamin E: 0.41mg (2.75%), Folate: 6.48µg (1.62%), Fiber: 0.39g (1.56%), Vitamin C: 1.14mg (1.38%)