



Hungarian Pork Chops

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 0.3 cup cooking sherry dry
- 0.3 cup flour all-purpose
- 0.3 cup catsup
- 0.3 teaspoon paprika
- 4 pork chops
- 4 servings salt and pepper to taste
- 1 cup heavy whipping cream sour
- 1 teaspoon worcestershire sauce

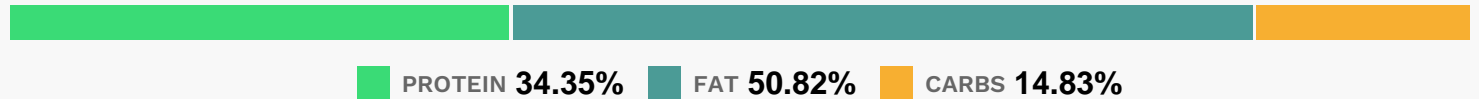
Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- Season pork chops with salt and pepper to taste. Dredge seasoned chops in flour.
- Heat oil in a large skillet and brown seasoned chops in oil (covering skillet with lid if desired).
- Pour off fat.
- In a medium bowl combine the sour cream, sherry, ketchup, Worcestershire sauce, paprika and bay leaf.
- Mix together and pour mixture over chops in skillet. Cover and let simmer gently over low heat for about 1 hour, or until chops are tender and cooked through. An instant-read thermometer inserted into the center of a chop should read 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:4.38, Inflammation Score:-5, Nutrition Score:18.672608525857%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 379.02kcal (18.95%), Fat: 20.56g (31.64%), Saturated Fat: 9.11g (56.92%), Carbohydrates: 13.5g (4.5%), Net Carbohydrates: 13.19g (4.8%), Sugar: 5.48g (6.09%), Cholesterol: 123.71mg (41.24%), Sodium: 432.48mg (18.8%), Alcohol: 1.54g (100%), Alcohol %: 0.85% (100%), Protein: 31.27g (62.55%), Selenium: 49.27µg (70.38%), Vitamin B1: 0.97mg (64.7%), Vitamin B3: 11.47mg (57.36%), Vitamin B6: 1.03mg (51.71%), Phosphorus: 362.9mg (36.29%),

Vitamin B2: 0.41mg (24.34%), Potassium: 647.88mg (18.51%), Zinc: 2.37mg (15.83%), Vitamin B12: 0.83µg (13.85%),
Vitamin B5: 1.22mg (12.19%), Magnesium: 46.21mg (11.55%), Vitamin A: 504.83IU (10.1%), Calcium: 74.45mg (7.44%),
Iron: 1.28mg (7.13%), Copper: 0.11mg (5.71%), Manganese: 0.11mg (5.3%), Folate: 19.47µg (4.87%), Vitamin E: 0.65mg
(4.36%), Vitamin D: 0.54µg (3.57%), Vitamin C: 1.34mg (1.62%), Vitamin K: 1.51µg (1.44%), Fiber: 0.31g (1.22%)