



Lady and Sons Fried Pork Chops

READY IN



34 min.

SERVINGS



6

CALORIES



751 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup pepper black
- ☐ 1 cup buttermilk
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup garlic powder
- ☐ 6 pork chops
- ☐ 1 cup salt
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 6 cups vegetable oil

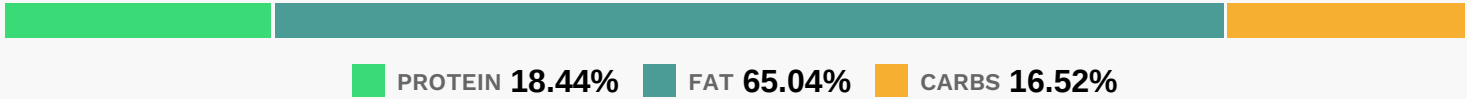
Equipment

- ☐ paper towels
- ☐ pot

Directions

- ☐ Heat oil in a large, heavy bottomed pot to 350 degrees F.
- ☐ Sprinkle the seasonings on both sides of the pork chops, rubbing them thoroughly into the meat.
- ☐ Pour buttermilk over meat and turn to coat on all sides. Season flour generously with House Seasoning, roll each chop into flour, and shake off the excess. Carefully place the chops, 2 at a time, into the hot oil, and cook until the outside is golden brown. Take 1 chop out and make a small cut at the thickest part to check for doneness; adjust time accordingly for the rest.
- ☐ Drain on paper towels before serving.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:23.83, Glycemic Load:13.64, Inflammation Score:-7, Nutrition Score:30.943913393047%

Nutrients (% of daily need)

Calories: 751.13kcal (37.56%), Fat: 54.82g (84.34%), Saturated Fat: 10.89g (68.04%), Carbohydrates: 31.32g (10.44%), Net Carbohydrates: 27.38g (9.96%), Sugar: 2.31g (2.57%), Cholesterol: 94.18mg (31.39%), Sodium: 19170.64mg (833.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.97g (69.94%), Vitamin K: 96.54µg (91.94%), Selenium: 55.78µg (79.69%), Manganese: 1.56mg (77.8%), Vitamin B1: 1.13mg (75.31%), Vitamin B3: 12.16mg (60.81%), Vitamin B6: 1.19mg (59.41%), Phosphorus: 415.73mg (41.57%), Vitamin B2: 0.45mg (26.54%), Vitamin E: 3.95mg (26.33%), Potassium: 828.66mg (23.68%), Zinc: 2.84mg (18.91%), Iron: 3.33mg (18.52%), Magnesium: 68.36mg (17.09%), Fiber: 3.94g (15.77%), Copper: 0.31mg (15.67%), Vitamin B12: 0.89µg (14.9%), Vitamin B5: 1.43mg (14.29%), Calcium: 121.76mg (12.18%), Folate: 46.43µg (11.61%), Vitamin D: 1.06µg (7.04%), Vitamin A: 125.28IU (2.51%)