



## Lemon-Herb Skillet Pork Chops

 Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



235 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black
- 0.3 teaspoon rubbed sage dried
- 0.8 teaspoon thyme dried
- 3 tablespoons flour all-purpose
- 4 lemon wedges
- 1 tablespoon olive oil
- 0.8 teaspoon paprika
- 16 ounce pork loin chops boneless ( 1/)

0.5 teaspoon salt

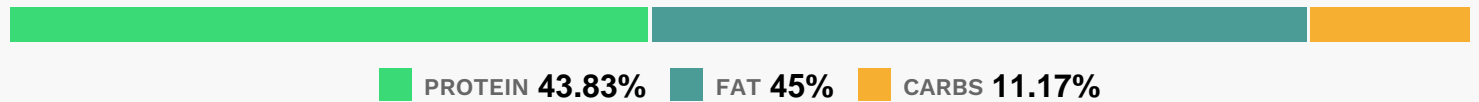
## Equipment

frying pan

## Directions

- Sprinkle both sides of pork evenly with salt and pepper.
- Combine flour and next 3 ingredients in a shallow dish. Dredge pork in flour mixture.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add pork; cook 4 minutes on each side or until pork is done.
- Serve with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:36.88, Glycemic Load:3.45, Inflammation Score:-5, Nutrition Score:15.227826030358%

## Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 234.62kcal (11.73%), Fat: 11.55g (17.77%), Saturated Fat: 3.29g (20.59%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.53g (2.01%), Sugar: 0.51g (0.57%), Cholesterol: 75.98mg (25.33%), Sodium: 346.07mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.63%), Selenium: 39.56µg (56.51%), Vitamin B1: 0.81mg (54.02%), Vitamin B3: 9.46mg (47.29%), Vitamin B6: 0.85mg (42.51%), Phosphorus: 267.19mg (26.72%), Vitamin B2: 0.25mg (14.53%), Potassium: 467.39mg (13.35%), Zinc: 1.84mg (12.26%), Vitamin C: 9.64mg (11.68%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.9mg (8.96%), Magnesium: 33.7mg (8.43%), Iron: 1.3mg (7.2%), Vitamin K: 6.16µg (5.86%), Vitamin E: 0.81mg (5.39%), Manganese: 0.11mg (5.26%), Copper: 0.09mg (4.31%), Vitamin A: 202.06IU (4.04%), Fiber: 0.92g (3.69%), Folate: 13.03µg (3.26%), Vitamin D: 0.45µg (3.02%), Calcium: 19.29mg (1.93%)