



Lemony Pan-Fried Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup chicken broth
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 teaspoon pepper
- ☐ 1.5 pounds pork chops wafer-thin boneless (12)
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 0.3 cup vegetable oil

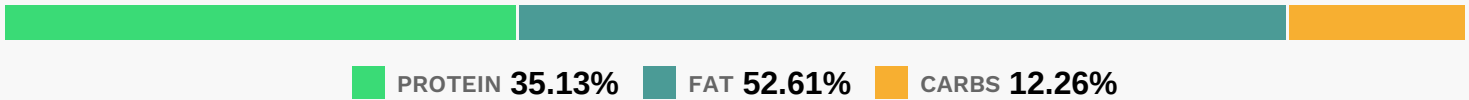
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Combine first 3 ingredients in a shallow dish; dredge pork chops in flour mixture.
- ☐ Fry pork chops, in 3 batches, in hot oil in a large skillet over medium-high heat 1 minute on each side or until browned.
- ☐ Drain on paper towels.
- ☐ Add broth and lemon juice to skillet. Bring to a boil, and stir to loosen particles from bottom of skillet.
- ☐ Serve sauce over pork chops.

Nutrition Facts



Properties

Glycemic Index:13.38, Glycemic Load:4.34, Inflammation Score:-2, Nutrition Score:11.684782779087%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 224.11kcal (11.21%), Fat: 12.86g (19.79%), Saturated Fat: 3.14g (19.65%), Carbohydrates: 6.74g (2.25%), Net Carbohydrates: 6.45g (2.34%), Sugar: 0.31g (0.34%), Cholesterol: 57.42mg (19.14%), Sodium: 413.53mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.33g (38.66%), Selenium: 30.91µg (44.15%), Vitamin B1: 0.64mg (42.36%), Vitamin B3: 7.31mg (36.56%), Vitamin B6: 0.63mg (31.26%), Phosphorus: 202.53mg (20.25%), Vitamin B2: 0.21mg (12.38%), Vitamin K: 12.96µg (12.34%), Potassium: 340.79mg (9.74%), Zinc: 1.4mg (9.31%), Vitamin B12: 0.46µg (7.59%), Vitamin B5: 0.67mg (6.68%), Magnesium: 24.94mg (6.24%), Manganese: 0.1mg (5.15%), Iron: 0.84mg (4.65%), Vitamin E: 0.7mg (4.64%), Folate: 15.86µg (3.97%), Vitamin C: 2.95mg (3.58%), Copper: 0.07mg (3.35%), Vitamin D: 0.34µg (2.27%), Fiber: 0.3g (1.19%)