



Margie's Sour Cream Pork Chops

READY IN



85 min.

SERVINGS



4

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 1.3 cups chicken broth
- ☐ 0.8 cup flour all-purpose
- ☐ 4 pork chops
- ☐ 4 servings salt and pepper to taste
- ☐ 1.3 cups cup heavy whipping cream sour
- ☐ 2.5 tablespoons sugar
- ☐ 0.8 teaspoon summer savory dried crushed
- ☐ 2 tablespoons vegetable oil

☐ 5 tablespoons vinegar

Equipment

☐ sauce pan

☐ oven

☐ whisk

☐ baking pan

Directions

☐ Preheat oven to 350 degrees F (175 degrees C). Spray a baking dish with cooking spray.

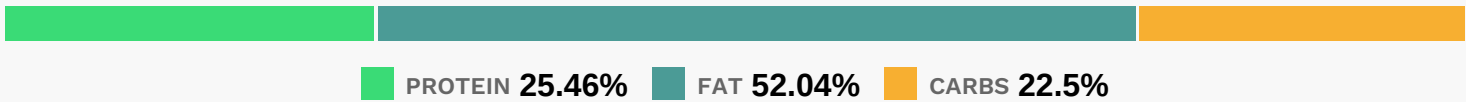
☐ Mix the flour, salt, and pepper in a shallow dish. Press pork chops in the mixture to coat.

☐ Heat the vegetable oil in a skillet over medium-high heat, and brown the pork chops on both sides. In a saucepan over medium-low heat, whisk together the chicken broth, vinegar, sour cream, sugar, savory, and bay leaves. Arrange the pork chops in the prepared baking dish.

☐ Pour sauce over the pork chops.

☐ Bake 1 hour in the preheated oven.

Nutrition Facts



Properties

Glycemic Index:48.77, Glycemic Load:18.18, Inflammation Score:-5, Nutrition Score:22.108695564063%

Nutrients (% of daily need)

Calories: 534.99kcal (26.75%), Fat: 30.51g (46.94%), Saturated Fat: 11.66g (72.86%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 28.62g (10.41%), Sugar: 10.32g (11.47%), Cholesterol: 133.65mg (44.55%), Sodium: 554.02mg (24.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.59g (67.18%), Selenium: 55.44µg (79.2%), Vitamin B1: 1.11mg (74.08%), Vitamin B3: 12.35mg (61.77%), Vitamin B6: 1.03mg (51.51%), Phosphorus: 387.87mg (38.79%), Vitamin B2: 0.53mg (31.14%), Potassium: 638.53mg (18.24%), Zinc: 2.57mg (17.16%), Vitamin B12: 0.88µg (14.6%), Manganese: 0.28mg (14.16%), Vitamin B5: 1.32mg (13.25%), Vitamin K: 13.65µg (13%), Magnesium: 51.67mg (12.92%), Iron: 2.24mg (12.47%), Folate: 47.29µg (11.82%), Calcium: 109.94mg (10.99%), Vitamin A: 505.11IU (10.1%), Copper: 0.14mg (7.11%), Vitamin E: 1.05mg (6.98%), Fiber: 1.07g (4.27%), Vitamin D: 0.54µg (3.57%), Vitamin C: 1.13mg (1.37%)