

My Kid's Favorite Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce barbecue sauce
- 2 onion sliced
- 6 pork chops
- 2 tablespoons steak seasoning

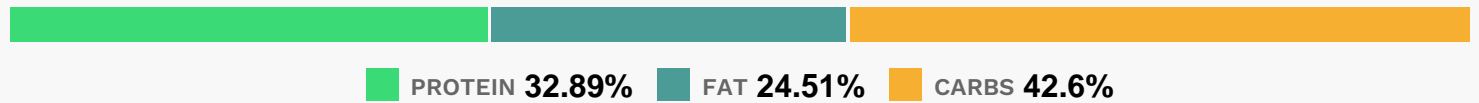
Equipment

- frying pan

Directions

- Sprinkle pork chops with steak seasoning. Brown both sides in skillet. After the pork chops have been browned, remove them from the pan.
- Pour into skillet one can of beer. Stir around the beer until all the particles on the sides have been incorporated.
- Pour in barbecue sauce and place the pork chops back into the pan.
- Add onions and cover. Simmer on low for 1 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:19.108260745588%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 372.74kcal (18.64%), Fat: 9.97g (15.34%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 39g (13%), Net Carbohydrates: 37.46g (13.62%), Sugar: 29.83g (33.15%), Cholesterol: 89.78mg (29.93%), Sodium: 942.15mg (40.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.11g (60.21%), Selenium: 45.74µg (65.34%), Vitamin B1: 0.93mg (62.25%), Vitamin B3: 11.29mg (56.47%), Vitamin B6: 1.1mg (54.91%), Phosphorus: 332.76mg (33.28%), Potassium: 759.79mg (21.71%), Vitamin B2: 0.31mg (18.12%), Zinc: 2.33mg (15.51%), Magnesium: 52.55mg (13.14%), Manganese: 0.26mg (12.76%), Vitamin B12: 0.71µg (11.84%), Vitamin K: 12.42µg (11.82%), Vitamin B5: 1.16mg (11.59%), Iron: 1.76mg (9.79%), Copper: 0.16mg (8.09%), Fiber: 1.54g (6.16%), Calcium: 59.16mg (5.92%), Vitamin E: 0.88mg (5.86%), Vitamin A: 231.7IU (4.63%), Vitamin C: 3.38mg (4.1%), Vitamin D: 0.54µg (3.57%), Folate: 10.51µg (2.63%)