



Oh So Good Pork Chops

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 ounce brown gravy mix dry
- 2 tablespoons brown sugar
- 0.1 teaspoon garlic powder
- 6 pork chops
- 3 tablespoons vegetable oil
- 2 tablespoons vinegar
- 1 cup water

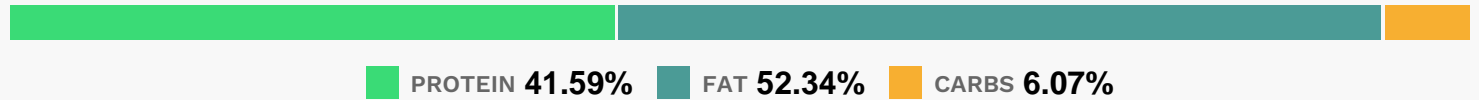
Equipment

- bowl
- frying pan
- whisk

Directions

- Heat the vegetable oil in a large skillet over medium heat, and brown the pork chops on both sides, 5 to 8 minutes per side.
- Whisk together the water, brown gravy mix, brown sugar, vinegar, and garlic powder in a bowl until the sugar is dissolved and the mixture is smooth.
- Pour the gravy mixture over the browned pork chops. Cover the skillet, reduce heat to low, and simmer until the chops are tender, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:15.655652181934%

Nutrients (% of daily need)

Calories: 285.67kcal (14.28%), Fat: 16.16g (24.86%), Saturated Fat: 4.32g (27%), Carbohydrates: 4.21g (1.4%), Net Carbohydrates: 4.21g (1.53%), Sugar: 4g (4.45%), Cholesterol: 89.78mg (29.93%), Sodium: 87.36mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.89g (57.78%), Selenium: 44.44µg (63.49%), Vitamin B1: 0.89mg (59.6%), Vitamin B3: 10.71mg (53.54%), Vitamin B6: 0.98mg (48.78%), Phosphorus: 303.47mg (30.35%), Vitamin B2: 0.25mg (14.59%), Potassium: 505.99mg (14.46%), Zinc: 2.08mg (13.9%), Vitamin K: 12.51µg (11.91%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 0.98mg (9.8%), Magnesium: 35.7mg (8.92%), Vitamin E: 0.73mg (4.87%), Copper: 0.08mg (4.19%), Iron: 0.7mg (3.92%), Vitamin D: 0.54µg (3.57%), Calcium: 14.25mg (1.43%)