



One-Pan Whiskey-Flavored Pork Chops

READY IN



45 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 0.3 teaspoon pepper black
- 0.5 teaspoon rubbed sage dried
- 2 tablespoons flour all-purpose
- 8 ounce mushrooms
- 1 teaspoon olive oil
- 0.5 cup onion chopped
- 24 ounce pork chops bone-in trimmed
- 0.3 teaspoon salt

- 0.5 teaspoon salt
- 0.7 cup cream fat-free sour
- 0.5 cup water
- 0.5 cup irish whiskey

Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Preheat oven to 30
- Combine the first 6 ingredients in a small bowl.
- Sprinkle pork with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Heat the oil in a large nonstick skillet over medium-high heat.
- Add pork; saut 5 minutes on each side or until golden.
- Remove pork from pan.
- Add onion and mushrooms to pan; saut for 3 minutes. Carefully add whiskey to pan; cook for 1 minute or until liquid almost evaporates. Stir sour cream mixture into pan. Return pork to pan; spoon sauce over pork.
- Wrap handle of skillet with foil. Cover and bake at 300 for 1 hour.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:53.25, Glycemic Load:2.92, Inflammation Score:-5, Nutrition Score:24.63130445584%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 409.24kcal (20.46%), Fat: 13.06g (20.1%), Saturated Fat: 4.35g (27.2%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 11.65g (4.24%), Sugar: 2.16g (2.4%), Cholesterol: 117.42mg (39.14%), Sodium: 576.97mg (25.09%), Alcohol: 10.62g (100%), Alcohol %: 3.84% (100%), Protein: 40.22g (80.45%), Selenium: 64.99µg (92.84%), Vitamin B1: 1.24mg (82.47%), Vitamin B3: 15.92mg (79.62%), Vitamin B6: 1.33mg (66.4%), Phosphorus: 480.64mg (48.06%), Vitamin B2: 0.62mg (36.75%), Potassium: 900.45mg (25.73%), Zinc: 3.2mg (21.31%), Vitamin B5: 2.13mg (21.29%), Vitamin B12: 1.04µg (17.32%), Copper: 0.31mg (15.33%), Magnesium: 56.67mg (14.17%), Iron: 1.39mg (7.71%), Calcium: 68.89mg (6.89%), Folate: 24.58µg (6.15%), Manganese: 0.12mg (5.89%), Vitamin D: 0.79µg (5.29%), Fiber: 1.06g (4.24%), Vitamin C: 2.67mg (3.24%), Vitamin E: 0.38mg (2.53%), Vitamin A: 106.72IU (2.13%), Vitamin K: 1.21µg (1.16%)