



Onion Pan-Fried Pork Chops

 Dairy Free  Popular

READY IN



15 min.

SERVINGS



2

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 ounce onion soup mix dry
- 0.3 cup flour all-purpose
- 1 cup olive oil for frying
- 2 pork chops

Equipment

- bowl
- frying pan

Directions

- Before opening the onion soup mix, use your hands to crush the larger bits of onion in the packet. Open the packet, and pour the mix into a shallow bowl. Stir in the flour.
- Heat the oil in a heavy skillet over medium heat. The oil is hot enough when a pinch of the flour mixture sizzles when tossed into the oil. Coat pork chops in the onion soup mixture, and shake off the excess. Carefully place in the hot oil. Turn chops over after about 30 seconds to quickly sear both sides. Cook for about 4 minutes per side, or to desired degree of doneness.

Nutrition Facts

PROTEIN 25.72% **FAT 57.04%** **CARBS 17.24%**

Properties

Glycemic Index:37.5, Glycemic Load:8.63, Inflammation Score:-3, Nutrition Score:20.06913062671%

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 497.05kcal (24.85%), Fat: 31.1g (47.85%), Saturated Fat: 6.3g (39.38%), Carbohydrates: 21.15g (7.05%), Net Carbohydrates: 19.79g (7.2%), Sugar: 0.7g (0.78%), Cholesterol: 89.78mg (29.93%), Sodium: 1203.44mg (52.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.55g (63.1%), Selenium: 50.36µg (71.94%), Vitamin B1: 1.06mg (70.4%), Vitamin B3: 11.84mg (59.18%), Vitamin B6: 1.06mg (53.11%), Phosphorus: 349.62mg (34.96%), Vitamin E: 3.31mg (22.08%), Vitamin B2: 0.36mg (21.41%), Potassium: 618.95mg (17.68%), Zinc: 2.35mg (15.63%), Vitamin K: 13.25µg (12.62%), Vitamin B12: 0.71µg (11.84%), Magnesium: 46.78mg (11.7%), Vitamin B5: 1.16mg (11.64%), Manganese: 0.21mg (10.51%), Iron: 1.69mg (9.41%), Copper: 0.15mg (7.38%), Folate: 28.59µg (7.15%), Fiber: 1.36g (5.43%), Vitamin D: 0.54µg (3.57%), Calcium: 32.21mg (3.22%)