



## Onion-Smothered Pork Chops

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

READY IN



45 min.

SERVINGS



4

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon creole seasoning divided
- 0.5 teaspoon thyme leaves dried
- 16 ounce center-cut pork loin chops boneless (1/)
- 1 pound vidalia sweet thinly sliced
- 0.3 cup water
- 1 tablespoon worcestershire sauce

### Equipment

- frying pan

## Directions

- Coat a large nonstick skillet with cooking spray, and place skillet over high heat until hot.
- Add onion slices and 1/4 teaspoon Creole seasoning. Cook 7 minutes or until onions are tender and browned, stirring frequently. Set aside, and keep warm.
- Trim fat from chops.
- Combine remaining 3/4 teaspoon Creole seasoning and thyme.
- Sprinkle evenly over both sides of chops. Recoat skillet with cooking spray, and place over medium-high heat until hot.
- Add chops to skillet; cook 1 minute on each side. Reduce heat to medium; cook 4 to 6 additional minutes on each side or until done.
- Transfer chops to a serving platter.
- Place reserved onions on top of chops; keep warm.
- Add water and Worcestershire sauce to skillet, stirring well. Cook over high heat, stirring constantly to deglaze skillet. Cook 1 minute.
- Pour sauce over chops.

## Nutrition Facts

**PROTEIN 47.7%** **FAT 34.02%** **CARBS 18.28%**

## Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-7, Nutrition Score:15.779565064803%

## Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg

## Nutrients (% of daily need)

Calories: 217.26kcal (10.86%), Fat: 8.06g (12.39%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 9.74g (3.25%), Net Carbohydrates: 8.54g (3.1%), Sugar: 6.17g (6.86%), Cholesterol: 75.98mg (25.33%), Sodium: 119.71mg (5.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.83%), Selenium: 38.17µg (54.53%), Vitamin B1:

0.81mg (53.87%), Vitamin B6: 0.98mg (49.18%), Vitamin B3: 9.29mg (46.44%), Phosphorus: 291.16mg (29.12%), Potassium: 603.01mg (17.23%), Vitamin B2: 0.24mg (14.3%), Zinc: 1.93mg (12.9%), Magnesium: 41.42mg (10.36%), Vitamin B12: 0.6µg (10.02%), Vitamin B5: 0.94mg (9.36%), Vitamin C: 6.44mg (7.81%), Iron: 1.28mg (7.11%), Copper: 0.14mg (7.04%), Folate: 27.29µg (6.82%), Manganese: 0.11mg (5.7%), Fiber: 1.2g (4.81%), Vitamin A: 221.83IU (4.44%), Calcium: 38.71mg (3.87%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.93µg (2.79%), Vitamin E: 0.33mg (2.21%)