



## Pan Fried Pork Chops

READY IN



25 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

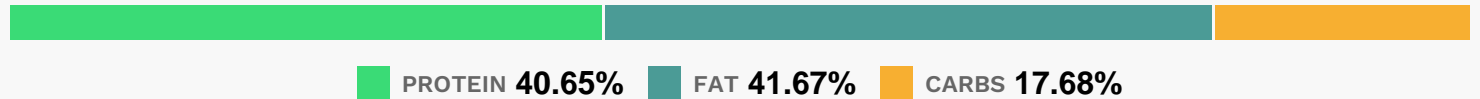
- 1 tablespoon butter
- 0.5 cup canola oil
- 8 servings cayenne pepper
- 1 cup flour all-purpose
- 1 teaspoon ground pepper black plus more for seasoning
- 8 servings new potatoes smashed for serving
- 8 pork breakfast chops
- 1 teaspoon lawry's seasoned salt plus more for seasoning

# Equipment

## Directions

- Watch how to make this recipe.
- Salt and pepper both sides of the pork chops.
- Combine the flour and some cayenne, salt and black pepper. Dredge each side of the pork chops in the flour mixture, and then set aside on a plate.
- Heat the canola oil over medium to medium-high heat.
- Add the butter. When the butter is melted and the butter/oil mixture is hot, cook 3 pork chops at a time, 2 to 3 minutes on the first side. Flip and cook until the chops are golden brown on the other side, 1 to 2 minutes (make sure no pink juices remain).
- Remove to a plate and repeat with the remaining pork chops.
- Delicious and simple!
- Serve with smashed new potatoes.

## Nutrition Facts



## Properties

Glycemic Index: 34.09, Glycemic Load: 8.97, Inflammation Score: -7, Nutrition Score: 19.158260962237%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 309.63kcal (15.48%), Fat: 14.03g (21.58%), Saturated Fat: 4.48g (28.01%), Carbohydrates: 13.39g (4.46%), Net Carbohydrates: 12.34g (4.49%), Sugar: 0.26g (0.29%), Cholesterol: 93.54mg (31.18%), Sodium: 367.28mg (15.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.79g (61.58%), Selenium: 49.86µg (71.23%), Vitamin B1: 1.02mg (68.28%), Vitamin B3: 11.81mg (59.07%), Vitamin B6: 1.03mg (51.62%), Phosphorus: 326.96mg (32.7%), Vitamin B2: 0.34mg (20.28%), Vitamin A: 882.68IU (17.65%), Potassium: 564.83mg (16.14%), Zinc: 2.24mg (14.96%), Vitamin B12: 0.71µg (11.89%), Vitamin B5: 1.05mg (10.51%), Magnesium: 42.02mg (10.5%), Manganese: 0.19mg (9.51%), Iron: 1.59mg (8.81%), Vitamin E: 1.31mg (8.76%), Folate: 30.97µg (7.74%), Copper: 0.11mg (5.48%), Fiber:

1.05g (4.2%), Vitamin K: 4.2 $\mu$ g (4%), Vitamin D: 0.54 $\mu$ g (3.57%), Vitamin C: 1.73mg (2.09%), Calcium: 16.51mg (1.65%)