



Pan-fried Pork Chops With Onions

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce pork chops bone-in
- ☐ 2 teaspoons creole seasoning
- ☐ 0.3 cup flour all-purpose
- ☐ 3 medium onions sliced
- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup water

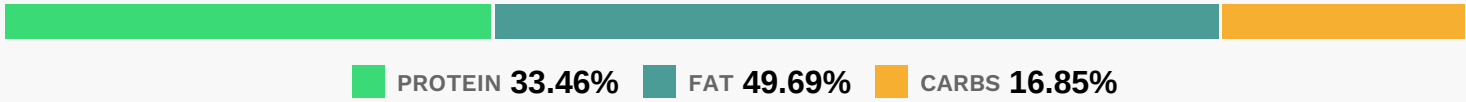
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle pork chops evenly with Creole seasoning; dredge in flour, shaking off excess.
- ☐ Cook pork chops in hot vegetable oil in a heavy skillet over medium-high heat 1 to 2 minutes each side or until golden brown.
- ☐ Remove from skillet, and keep warm.
- ☐ Add onions and 1/2 cup water to skillet, stirring to loosen particles from bottom of skillet; saut 10 minutes or until golden brown. Return pork chops to skillet; reduce heat to low, cover, and simmer 5 minutes.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:6.11, Inflammation Score:-7, Nutrition Score:17.809565274612%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg, Quercetin: 16.75mg

Nutrients (% of daily need)

Calories: 341.6kcal (17.08%), Fat: 18.65g (28.69%), Saturated Fat: 4.93g (30.84%), Carbohydrates: 14.23g (4.74%), Net Carbohydrates: 12.35g (4.49%), Sugar: 3.62g (4.02%), Cholesterol: 88.03mg (29.34%), Sodium: 75.4mg (3.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.51%), Selenium: 46.27µg (66.1%), Vitamin B6: 1.02mg (50.81%), Vitamin B1: 0.72mg (48.09%), Vitamin B3: 9.09mg (45.44%), Phosphorus: 301.92mg (30.19%), Vitamin B2: 0.31mg (18.3%), Potassium: 586.52mg (16.76%), Zinc: 2.48mg (16.54%), Vitamin K: 13.66µg (13.01%), Vitamin B12: 0.68µg (11.27%), Magnesium: 43.68mg (10.92%), Vitamin B5: 1.03mg (10.34%), Manganese: 0.19mg (9.43%), Vitamin A: 425.4IU (8.51%), Vitamin C: 6.87mg (8.33%), Iron: 1.42mg (7.88%), Folate: 31.03µg (7.76%), Fiber: 1.89g (7.54%), Vitamin E: 1.03mg (6.86%), Copper: 0.13mg (6.61%), Calcium: 46.75mg (4.68%), Vitamin D: 0.64µg (4.25%)