

Paprika Pork Chops

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons butter
- ☐ 1 teaspoon garlic salt
- ☐ 1 onion thinly sliced
- ☐ 1.5 teaspoons paprika
- ☐ 4 pork chops boneless
- ☐ 0.3 cup sauerkraut drained
- ☐ 0.3 cup heavy whipping cream sour

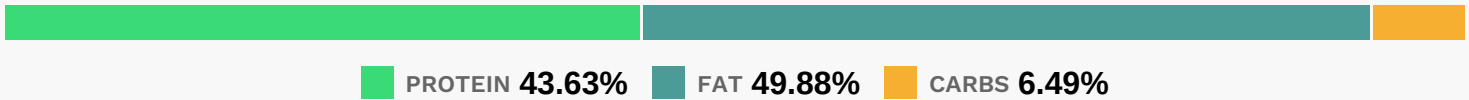
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler

Directions

- ☐ Set uppermost oven rack 5 inches from heat source, and preheat broiler.
- ☐ Melt butter in a large skillet over medium-high heat. Stir in onions, and cook until soft and golden.
- ☐ Remove from heat. In a bowl, stir together 1/2 teaspoon paprika, sauerkraut, onions, and sour cream.
- ☐ Season pork chops with pepper, garlic salt, and 1 teaspoon paprika.
- ☐ Broil pork chops 6 minutes. Turn, and broil 5 to 6 minutes more.
- ☐ Remove from oven.
- ☐ Spread sauerkraut and onion mixture over pork chops, and broil 1 or 2 minutes more.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:17.513043434724%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 279.25kcal (13.96%), Fat: 15.19g (23.37%), Saturated Fat: 6.54g (40.86%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 3.34g (1.22%), Sugar: 2.11g (2.34%), Cholesterol: 106.46mg (35.49%), Sodium: 747.56mg (32.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.9g (59.79%), Selenium: 45.35µg (64.79%), Vitamin B1: 0.92mg (61.03%), Vitamin B3: 10.85mg (54.24%), Vitamin B6: 1.05mg (52.28%), Phosphorus: 330.9mg (33.09%), Vitamin B2: 0.3mg (17.67%), Potassium: 603.53mg (17.24%), Zinc: 2.25mg (14.98%), Vitamin B12: 0.75µg (12.58%), Vitamin A: 560.01IU (11.2%), Vitamin B5: 1.11mg (11.07%), Magnesium: 42.66mg (10.66%), Iron: 1.09mg (6.06%), Copper: 0.11mg (5.4%), Vitamin C: 3.95mg (4.79%), Manganese: 0.09mg (4.71%), Fiber: 1.1g (4.42%), Calcium: 41.84mg (4.18%), Vitamin E: 0.55mg (3.64%), Vitamin D: 0.54µg (3.57%), Vitamin K: 2.92µg (2.78%), Folate: 9.68µg (2.42%)