

Pleasant Pork Chops

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 tablespoons butter
- ☐ 0.8 cup chicken broth
- ☐ 1 clove garlic minced
- ☐ 1 onion chopped
- ☐ 2 teaspoons paprika
- ☐ 6 pork chops
- ☐ 6 servings salt and pepper to taste

☐ 1 cup cup heavy whipping cream sour

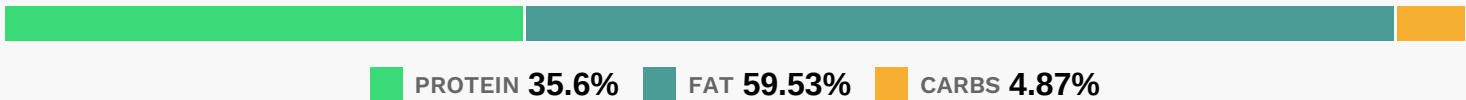
Equipment

☐ frying pan

Directions

- ☐ Saute onion and garlic in hot butter.
- ☐ Remove from skillet. Trim excess fat from chops and sprinkle with salt and pepper. Brown chops in skillet; pour off fat.
- ☐ Lower heat, add bay leaf and chicken broth. Cook covered over low heat for 1 hour.
- ☐ Transfer chops to a serving plate, but keep them hot.
- ☐ Heat juices in skillet and reduce to half.
- ☐ Add the sour cream, onion–garlic mixture and paprika, blending thoroughly.
- ☐ Heat through, but don't boil.
- ☐ Pour over pork chops and serve.

Nutrition Facts



Properties

Glycemic Index:20.33, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:17.666956528373%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 345.56kcal (17.28%), Fat: 22.58g (34.74%), Saturated Fat: 10.78g (67.37%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 3.6g (1.31%), Sugar: 2.29g (2.54%), Cholesterol: 128.03mg (42.68%), Sodium: 425.26mg (18.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.39g (60.78%), Selenium: 46.17µg (65.95%), Vitamin B1: 0.92mg (61.31%), Vitamin B3: 10.9mg (54.5%), Vitamin B6: 1.03mg (51.58%), Phosphorus: 343.02mg (34.3%), Vitamin B2: 0.35mg (20.34%), Potassium: 598.8mg (17.11%), Zinc: 2.3mg (15.32%), Vitamin A: 749.5IU (14.99%), Vitamin B12: 0.81µg (13.47%), Vitamin B5: 1.16mg (11.56%), Magnesium: 42.28mg (10.57%), Calcium: 57.86mg

(5.79%), Iron: 0.92mg (5.09%), Copper: 0.1mg (5%), Vitamin E: 0.69mg (4.61%), Manganese: 0.07mg (3.58%),
Vitamin D: 0.54µg (3.57%), Vitamin C: 1.87mg (2.27%), Fiber: 0.56g (2.24%), Vitamin K: 1.68µg (1.6%), Folate: 6.36µg
(1.59%)