



Pork Chop Supper

 Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup flour all-purpose
- 6 pork loin chops bone-in (3/ and 8 ounces each)
- 2 tablespoons olive oil
- 2 teaspoons thyme dried
- 2 teaspoons salt
- 0.3 teaspoon pepper
- 2.3 pounds potatoes
- 5 medium carrots sliced

- 1 medium onion cut into wedges
- 3 cups beef broth

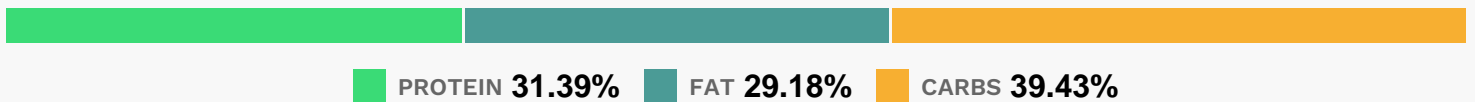
Equipment

- frying pan
- kitchen thermometer
- ziploc bags

Directions

- Place flour in a large resealable plastic bag.
- Add chops, a few at a time, and shake to coat. In a large skillet; brown the chops in oil on both sides.
- Sprinkle with thyme, salt and pepper.
- Peel potatoes and cut into 3/4-in. cubes.
- Add the potatoes, carrots and onion to the skillet.
- Pour broth over all; bring to a boil. Reduce heat; cover and simmer for 40–45 minutes or until a thermometer reads 145°.

Nutrition Facts



Properties

Glycemic Index:44.1, Glycemic Load:29.51, Inflammation Score:-10, Nutrition Score:33.168260709099%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg, Kaempferol: 1.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 455.55kcal (22.78%), Fat: 14.65g (22.54%), Saturated Fat: 4.15g (25.96%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 38.66g (14.06%), Sugar: 4.55g (5.05%), Cholesterol: 89.78mg (29.93%), Sodium: 1332.4mg (57.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.94%), Vitamin A: 8514.47IU (170.29%), Vitamin B6: 1.59mg (79.27%), Vitamin B1: 1.16mg (77.19%), Vitamin B3: 14.59mg (72.93%), Selenium: 49.4µg (70.57%), Vitamin C: 38.03mg (46.1%), Phosphorus: 450.56mg (45.06%), Potassium: 1485.34mg (42.44%), Vitamin B2: 0.41mg (24.41%), Manganese: 0.49mg (24.39%), Fiber: 5.9g (23.61%), Magnesium: 87.48mg (21.87%), Zinc: 2.82mg (18.8%), Iron: 3.33mg (18.49%), Vitamin K: 18.71µg (17.82%), Vitamin B5: 1.71mg (17.1%), Folate: 62.75µg (15.69%), Copper: 0.31mg (15.42%), Vitamin B12: 0.79µg (13.24%), Vitamin E: 1.23mg (8.23%), Calcium: 66.74mg (6.67%), Vitamin D: 0.54µg (3.57%)