



Pork Chops and Gravy

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

SAUCE

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 10.8 ounce condensed chicken broth undiluted canned
- ☐ 1.5 teaspoons mustard dry
- ☐ 0.5 teaspoon garlic powder
- ☐ 6 pork chops 1-inch-thick lean
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons vegetable oil

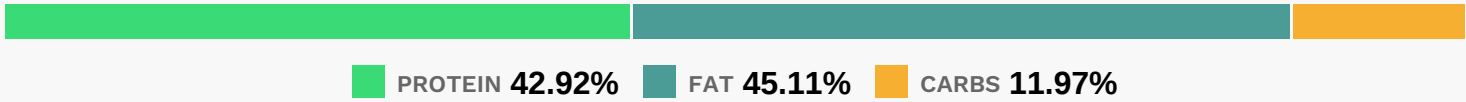
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ Combine first 4 ingredients in a shallow dish; dredge chops in flour mixture, and set aside.
- ☐ Combine remaining flour mixture and chicken broth in a 3 1/2-quart slow cooker.
- ☐ Pour oil into a large skillet; place over medium-high heat until hot. Cook chops in hot oil just until browned on both sides; place in slow cooker.
- ☐ Cook, covered, on HIGH 2 to 2 1/2 hours or until tender.
- ☐ Serve with hot rice or mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:5.76, Inflammation Score:-2, Nutrition Score:17.313477938104%

Nutrients (% of daily need)

Calories: 292.11kcal (14.61%), Fat: 14.22g (21.88%), Saturated Fat: 4.01g (25.05%), Carbohydrates: 8.49g (2.83%), Net Carbohydrates: 8.13g (2.96%), Sugar: 0.29g (0.32%), Cholesterol: 90.8mg (30.27%), Sodium: 446.98mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.45g (60.9%), Selenium: 49.19µg (70.27%), Vitamin B1: 0.99mg (66.09%), Vitamin B3: 11.46mg (57.28%), Vitamin B6: 0.98mg (49.18%), Phosphorus: 321.3mg (32.13%), Vitamin B2: 0.33mg (19.47%), Potassium: 526.82mg (15.05%), Zinc: 2.22mg (14.83%), Vitamin B12: 0.72µg (12.01%), Vitamin B5: 1.03mg (10.3%), Magnesium: 39.69mg (9.92%), Vitamin K: 8.4µg (8%), Iron: 1.25mg (6.95%), Manganese: 0.12mg (5.95%), Copper: 0.1mg (5.12%), Folate: 19.99µg (5%), Vitamin E: 0.6mg (3.99%), Vitamin D: 0.54µg (3.57%), Fiber: 0.36g (1.46%), Calcium: 14.62mg (1.46%)