



## Pork Chops Braised in Milk

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 cups milk 2% low-fat divided
- ☐ 1 teaspoon butter
- ☐ 0.3 teaspoon pepper
- ☐ 24 ounce loin pork chops boneless ( 1/)
- ☐ 0.5 teaspoon salt

### Equipment

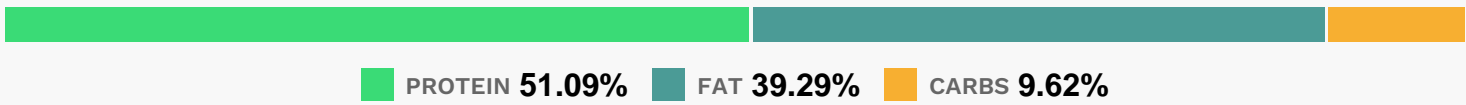
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ ziploc bags

## Directions

- ☐ Trim fat from chops.
- ☐ Combine flour, salt, and pepper in a large zip-top plastic bag.
- ☐ Add chops; seal bag, and shake to coat chops with flour mixture.
- ☐ Remove chops from bag, reserving the remaining flour mixture.
- ☐ Place the flour mixture in a small bowl. Gradually add 1/2 cup milk, stirring with a wire whisk until blended.
- ☐ Melt margarine in a large skillet over medium-high heat.
- ☐ Add chops; cook 3 minutes on each side or until browned.
- ☐ Add milk mixture; cover, reduce heat to low, and cook 30 minutes, stirring occasionally.
- ☐ Turn the chops over.
- ☐ Add remaining 1 cup milk; cover and cook 30 minutes, stirring occasionally.
- ☐ Uncover skillet, and cook the chops an additional 15 minutes or until the liquid is reduced to 1/4 cup (the sauce will be very thick). Spoon sauce over chops.

## Nutrition Facts



## Properties

Glycemic Index:26.75, Glycemic Load:2.09, Inflammation Score:-4, Nutrition Score:22.520870028631%

## Nutrients (% of daily need)

Calories: 324.66kcal (16.23%), Fat: 13.69g (21.07%), Saturated Fat: 4.89g (30.54%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.41g (2.7%), Sugar: 4.4g (4.89%), Cholesterol: 118.39mg (39.46%), Sodium: 418.73mg (18.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.06g (80.12%), Selenium: 59.44µg (84.91%), Vitamin B1: 1.21mg (80.98%), Vitamin B3: 13.91mg (69.55%), Vitamin B6: 1.29mg (64.51%), Phosphorus: 480.11mg (48.01%), Vitamin B2: 0.46mg (26.93%), Vitamin B12: 1.44µg (24.04%), Potassium: 781.44mg (22.33%), Zinc: 3.05mg (20.3%), Vitamin B5: 1.58mg (15.75%), Magnesium: 55.93mg (13.98%), Calcium: 125.09mg (12.51%), Vitamin D: 1.65µg (11.03%), Iron:

1.04mg (5.77%), Copper: 0.1mg (5.17%), Vitamin A: 225.66IU (4.51%), Manganese: 0.06mg (2.84%), Folate: 8.67µg (2.17%), Vitamin E: 0.28mg (1.87%)