



## Pork Chops in Country Onion Gravy

READY IN



35 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pound pork loin boneless
- 2 cups onion chopped
- 1 cup beef broth (from 32 oz carton)
- 0.1 teaspoon pepper
- 0.3 cup skim milk fat-free (skim)
- 2 tablespoons flour all-purpose

### Equipment

- bowl

- frying pan
- kitchen thermometer

## Directions

- Generously spray 12-inch nonstick skillet with cooking spray; heat over medium-high heat. Cook pork chops in skillet about 6 minutes, turning once, until brown on both sides.
- Remove pork from skillet; cover to keep warm.
- Reduce heat to medium.
- Add onions to skillet; cook 3 minutes. Stir in broth and pepper. Return pork to skillet; spoon onion mixture over pork. Cover tightly and simmer 12 minutes or until pork is no longer pink and meat thermometer inserted in center reads 160°.
- Mix milk and flour in small bowl.
- Add to skillet; cook 2 to 3 minutes, stirring constantly, until thickened.

## Nutrition Facts



## Properties

Glycemic Index:41.81, Glycemic Load:4.06, Inflammation Score:-5, Nutrition Score:14.65043483221%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

## Nutrients (% of daily need)

Calories: 206.63kcal (10.33%), Fat: 4.87g (7.49%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 9.92g (3.61%), Sugar: 4.43g (4.93%), Cholesterol: 72.05mg (24.02%), Sodium: 290.42mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.1%), Vitamin B6: 0.97mg (48.59%), Selenium: 33.91µg (48.45%), Vitamin B1: 0.58mg (38.75%), Vitamin B3: 7.32mg (36.61%), Phosphorus: 312.14mg (31.21%), Potassium: 612.25mg (17.49%), Vitamin B2: 0.29mg (17.16%), Zinc: 2.3mg (15.31%), Vitamin B12: 0.74µg (12.31%), Magnesium: 42.07mg (10.52%), Vitamin B5: 1.05mg (10.45%), Manganese: 0.15mg (7.56%), Vitamin C: 5.92mg (7.18%), Folate: 23.68µg (5.92%), Fiber: 1.48g (5.91%), Iron: 1.06mg (5.9%), Calcium: 55.46mg (5.55%), Copper:

0.1mg (5.18%), Vitamin D: 0.68µg (4.52%), Vitamin E: 0.17mg (1.11%)