



Pork Chops Smothered with Pepper Gravy

READY IN



28 min.

SERVINGS



6

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black divided freshly ground
- 2 teaspoons canola oil
- 2.5 cups milk fat-free
- 0.3 cup flour all-purpose
- 24 ounce center-cut loin pork chops boneless (1/)
- 1 teaspoon poultry seasoning divided
- 0.8 teaspoon salt divided

Equipment

- bowl
- frying pan
- whisk

Directions

- Sprinkle both sides of chops evenly with 1/2 teaspoon poultry seasoning, 1/4 teaspoon salt, and 1/8 teaspoon pepper.
- Combine flour, remaining 1/2 teaspoon poultry seasoning, remaining 1/2 teaspoon salt, and remaining pepper in a shallow dish. Dredge pork chops in flour mixture, reserving leftover flour mixture.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add pork chops, and cook 5 minutes on each side or until done; transfer to a serving platter, and keep warm.
- Combine remaining flour mixture and milk in a bowl, stirring with a whisk.
- Add to pan; bring mixture to a boil over medium-high heat, stirring constantly with whisk. Reduce heat; simmer 1 to 2 minutes or until gravy is thickened, stirring constantly with a whisk.
- Serve gravy over pork chops.

Nutrition Facts

PROTEIN 47.5% **FAT 34.93%** **CARBS 17.57%**

Properties

Glycemic Index:23.38, Glycemic Load:5.51, Inflammation Score:-4, Nutrition Score:17.46434780518%

Nutrients (% of daily need)

Calories: 248.98kcal (12.45%), Fat: 9.38g (14.44%), Saturated Fat: 2.95g (18.44%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 10.35g (3.76%), Sugar: 5.19g (5.76%), Cholesterol: 79.04mg (26.35%), Sodium: 387.23mg (16.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.71g (57.41%), Selenium: 41.96µg (59.95%), Vitamin B1: 0.87mg (57.94%), Vitamin B3: 9.6mg (48%), Vitamin B6: 0.89mg (44.52%), Phosphorus: 373.84mg (37.38%), Vitamin B2: 0.38mg (22.28%), Vitamin B12: 1.19µg (19.88%), Potassium: 605.44mg (17.3%), Zinc: 2.28mg (15.19%), Calcium: 147.97mg (14.8%), Vitamin B5: 1.22mg (12.22%), Magnesium: 44.3mg (11.08%), Vitamin D: 1.58µg (10.51%), Iron: 1.03mg (5.7%), Manganese: 0.1mg (5.16%), Vitamin A: 222.47IU (4.45%), Copper: 0.08mg (4.04%), Folate:

15.24µg (3.81%), Vitamin K: 3.93µg (3.74%), Vitamin E: 0.39mg (2.61%), Fiber: 0.27g (1.07%)