



# Pork Chops with Blue Cheese Gravy

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**512 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 ounces cheese blue crumbled
- 2 tablespoons butter
- 0.5 teaspoon garlic powder to taste
- 0.5 teaspoon pepper black to taste
- 4 pork chops thick cut
- 1 cup whipping cream

## Equipment

- frying pan

## Directions

- Melt butter in a large skillet, over medium heat. Season the pork chops with black pepper and garlic powder. Fry the chops in butter until no longer pink and the juices run clear, about 20 to 25 minutes. Turn occasionally to brown evenly.
- Remove chops to a plate and keep warm. Stir the whipping cream into the skillet, loosening any bits of meat stuck to the bottom. Stir in blue cheese. Cook, stirring constantly until sauce thickens, about 5 minutes.
- Pour sauce over warm pork chops.

## Nutrition Facts

**PROTEIN 26.49%** **FAT 71.58%** **CARBS 1.93%**

## Properties

Glycemic Index:28.5, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:19.362608694512%

## Nutrients (% of daily need)

Calories: 512.1kcal (25.6%), Fat: 40.54g (62.36%), Saturated Fat: 23.22g (145.13%), Carbohydrates: 2.46g (0.82%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.82g (2.03%), Cholesterol: 182.7mg (60.9%), Sodium: 288.68mg (12.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.75g (67.5%), Selenium: 48.37µg (69.09%), Vitamin B1: 0.91mg (60.8%), Vitamin B3: 10.9mg (54.48%), Vitamin B6: 1.02mg (51.22%), Phosphorus: 395.83mg (39.58%), Vitamin B2: 0.42mg (24.55%), Vitamin A: 1164.46IU (23.29%), Zinc: 2.62mg (17.45%), Potassium: 602.11mg (17.2%), Vitamin B12: 0.99µg (16.5%), Vitamin B5: 1.38mg (13.85%), Calcium: 126.58mg (12.66%), Magnesium: 43.12mg (10.78%), Vitamin D: 1.56µg (10.39%), Vitamin E: 0.92mg (6.16%), Copper: 0.09mg (4.63%), Iron: 0.82mg (4.56%), Vitamin K: 3.14µg (3%), Manganese: 0.05mg (2.34%), Folate: 7.91µg (1.98%)