



## Pork Chops with Country Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.3 teaspoon marjoram dried
- ☐ 0.3 teaspoon rubbed sage dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 ounce flour all-purpose
- ☐ 1.5 cups milk 1% low-fat
- ☐ 16 ounce center-cut loin pork chops boneless ( 3/)
- ☐ 0.8 teaspoon salt

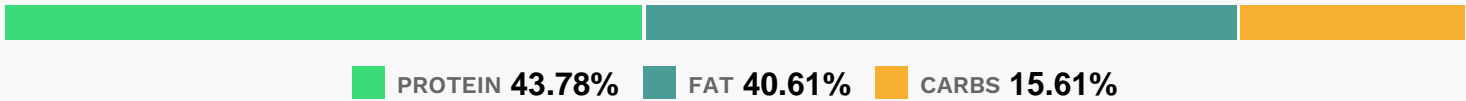
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup

## Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Place flour, salt, dried marjoram, dried thyme, and dried rubbed sage in a shallow dish. Dredge pork in flour mixture, turning to coat; shake off excess. Reserve remaining flour mixture.
- ☐ Melt butter in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork to pan; cook 2 minutes on each side or until browned. Reduce heat, and cook for 10 minutes or until done, turning pork once.
- ☐ Remove pork from pan; keep warm.
- ☐ Combine reserved flour mixture and milk in a small bowl, stirring with a whisk until blended.
- ☐ Add milk mixture to pan; place over medium-high heat. Bring to a boil, scraping pan to loosen browned bits. Reduce heat, and simmer 2 minutes or until slightly thickened, stirring constantly.
- ☐ Serve with chops.

## Nutrition Facts



## Properties

Glycemic Index:31.25, Glycemic Load:3.91, Inflammation Score:-4, Nutrition Score:16.808260779342%

## Nutrients (% of daily need)

Calories: 264.92kcal (13.25%), Fat: 11.62g (17.88%), Saturated Fat: 5.09g (31.83%), Carbohydrates: 10.05g (3.35%), Net Carbohydrates: 9.83g (3.58%), Sugar: 4.41g (4.9%), Cholesterol: 87.93mg (29.31%), Sodium: 547.66mg

(23.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.2g (56.4%), Selenium: 41.84µg (59.76%), Vitamin B1: 0.86mg (57.53%), Vitamin B3: 9.58mg (47.91%), Vitamin B6: 0.88mg (44.01%), Phosphorus: 356.08mg (35.61%), Vitamin B2: 0.37mg (21.78%), Vitamin B12: 1.15µg (19.11%), Potassium: 572.87mg (16.37%), Zinc: 2.2mg (14.64%), Calcium: 123.03mg (12.3%), Vitamin B5: 1.18mg (11.79%), Magnesium: 41.93mg (10.48%), Vitamin D: 1.43µg (9.51%), Iron: 0.98mg (5.47%), Vitamin A: 268.71IU (5.37%), Copper: 0.08mg (3.78%), Folate: 15.05µg (3.76%), Manganese: 0.07mg (3.28%), Vitamin E: 0.26mg (1.71%), Vitamin K: 1.57µg (1.5%)