



Pork Chops with Country Gravy and Mashed Potatoes

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon butter
- ☐ 3 tablespoons flour all-purpose
- ☐ 1.3 cups milk 1% low-fat
- ☐ 16 ounce center-cut loin pork chops boneless ()
- ☐ 20 ounce potatoes refrigerated mashed (such as Simply Potatoes)
- ☐ 0.3 teaspoon poultry seasoning
- ☐ 0.8 teaspoon salt divided

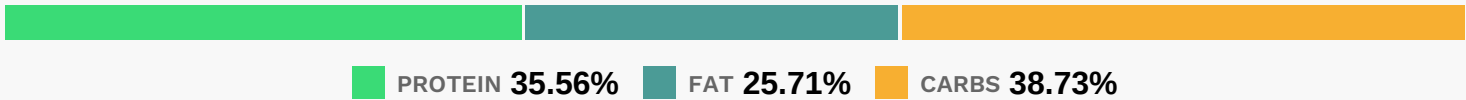
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle 1/4 teaspoon salt evenly over both sides of pork.
- ☐ Add 1 teaspoon butter to pan, stirring until butter is melted.
- ☐ Add the pork to pan, and cook pork for 3 minutes on each side.
- ☐ Remove pork from pan, and keep warm.
- ☐ Combine low-fat milk and flour, stirring with a whisk.
- ☐ Add the milk mixture to pan, stirring with a whisk. Stir in remaining 1/2 teaspoon salt, poultry seasoning, and black pepper. Return pork to pan. Cover; reduce heat, and simmer for 7 minutes or until gravy is thick and pork is done.
- ☐ While pork cooks, prepare potatoes according to package directions.
- ☐ Serve with pork.

Nutrition Facts



Properties

Glycemic Index:60.19, Glycemic Load:21.25, Inflammation Score:-5, Nutrition Score:23.221304442572%

Flavonoids

Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 348.87kcal (17.44%), Fat: 9.83g (15.12%), Saturated Fat: 3.92g (24.49%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 29.99g (10.9%), Sugar: 5.03g (5.59%), Cholesterol: 82.6mg (27.53%), Sodium: 537.85mg (23.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.58g (61.15%), Vitamin B6: 1.29mg (64.66%), Vitamin B1: 0.96mg (63.95%), Selenium: 41.55µg (59.35%), Vitamin B3: 10.98mg (54.89%), Phosphorus: 424.89mg (42.49%),

Vitamin C: 27.94mg (33.87%), Potassium: 1153.74mg (32.96%), Vitamin B2: 0.39mg (23.17%), Magnesium: 73.29mg (18.32%), Vitamin B12: 1.08µg (18.05%), Zinc: 2.55mg (17.03%), Vitamin B5: 1.56mg (15.56%), Manganese: 0.29mg (14.56%), Fiber: 3.32g (13.26%), Calcium: 127.28mg (12.73%), Copper: 0.23mg (11.43%), Iron: 1.99mg (11.08%), Vitamin D: 1.32µg (8.79%), Folate: 34.78µg (8.69%), Vitamin A: 196.77IU (3.94%), Vitamin K: 4.09µg (3.89%), Vitamin E: 0.21mg (1.42%)