



Pork Chops with Creamy Scalloped Potatoes

READY IN



95 min.

SERVINGS



6

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tablespoons butter divided
- ☐ 2 cups chicken broth
- ☐ 2 teaspoons dijon mustard
- ☐ 2 teaspoons thyme leaves dried
- ☐ 3 tablespoons flour all-purpose
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 0.5 cup half-and-half
- ☐ 0.5 cup onion diced divided
- ☐ 6 pork chops thick-cut boneless

- ☐ 6 potatoes divided peeled thinly sliced
- ☐ 1 cup cheddar cheese shredded divided

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish with 1 tablespoon butter.
- ☐ Melt 1 tablespoon butter in a skillet over medium heat. Season pork chops with salt and pepper; cook in skillet until browned, 3 to 5 minutes per side.
- ☐ Melt remaining 3 tablespoons butter in a small saucepan over medium-high heat. Stir mustard and thyme into the mustard; season with salt and pepper.
- ☐ Whisk flour into the butter mixture to make a thick paste. Slowly whisk chicken broth and half-and-half into the paste mixture until smooth. Continue to cook, stirring occasionally, until it begins to thicken into a sauce, about 5 minutes; remove from heat.
- ☐ Cover the bottom of the prepared baking dish with about half the potato slices and diced onion.
- ☐ Sprinkle about half the Cheddar cheese over the potato mixture. Arrange the pork chops over cheese layer.
- ☐ Layer remaining potatoes and onion atop the pork chops.
- ☐ Pour the sauce evenly over the potato mixture.
- ☐ Bake in preheated oven for 1 hour. Top dish with remaining Cheddar cheese, switch oven to broil, and continue baking until the top is browned and bubbly, about 5 minutes.

Nutrition Facts



 **PROTEIN 27.06%**  **FAT 43.19%**  **CARBS 29.75%**

Properties

Glycemic Index:54.46, Glycemic Load:29.73, Inflammation Score:-8, Nutrition Score:30.704348025115%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg, Quercetin: 4.2mg

Nutrients (% of daily need)

Calories: 584.49kcal (29.22%), Fat: 27.97g (43.04%), Saturated Fat: 14.41g (90.03%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 38.13g (13.86%), Sugar: 3.51g (3.9%), Cholesterol: 142.32mg (47.44%), Sodium: 597.35mg (25.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.45g (78.89%), Vitamin B6: 1.65mg (82.28%), Selenium: 53.32µg (76.18%), Vitamin B1: 1.13mg (75.55%), Vitamin B3: 13.42mg (67.1%), Phosphorus: 546.14mg (54.61%), Vitamin C: 43.3mg (52.49%), Potassium: 1484.59mg (42.42%), Vitamin B2: 0.51mg (30.19%), Zinc: 3.61mg (24.07%), Magnesium: 95.81mg (23.95%), Manganese: 0.46mg (23.1%), Fiber: 5.23g (20.94%), Calcium: 207.03mg (20.7%), Vitamin B5: 1.8mg (18%), Iron: 3.08mg (17.11%), Copper: 0.34mg (17.04%), Vitamin B12: 0.98µg (16.39%), Folate: 49.43µg (12.36%), Vitamin A: 577.5IU (11.55%), Vitamin K: 11.55µg (11%), Vitamin E: 0.73mg (4.84%), Vitamin D: 0.65µg (4.33%)