

## Pork Chops with Delicious Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 1 tablespoon flour all-purpose
- 3 tablespoons flour all-purpose
- 1 tablespoon honey
- 1 teaspoon juice of lemon
- 0.3 cup milk
- 4 servings pepper to taste
- 4 pork chops boneless
- 4 servings lawry's seasoned salt to taste

3 tablespoons cream sour

## Equipment

bowl

frying pan

## Directions

Melt the butter in a large skillet over medium heat. Season the pork chops with seasoned salt and seasoned pepper, then dredge in 3 tablespoons of flour. Shake off any excess flour, and place the chops in the skillet. Cook for a few minutes on each side, until browned.

In a small bowl, stir together the sour cream, milk, 1 tablespoon of flour, lemon juice, and honey. Season with a tiny bit of seasoning salt if desired.

Pour the sauce over the chops, and simmer for 10 to 15 minutes, until pork is cooked through.

## Nutrition Facts

**PROTEIN 40.97%** **FAT 43.78%** **CARBS 15.25%**

## Properties

Glycemic Index:80.57, Glycemic Load:6.68, Inflammation Score:-3, Nutrition Score:16.958260808302%

## Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

## Nutrients (% of daily need)

Calories: 303.55kcal (15.18%), Fat: 14.45g (22.23%), Saturated Fat: 6.29g (39.3%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 11.09g (4.03%), Sugar: 5.41g (6.01%), Cholesterol: 104.44mg (34.81%), Sodium: 289.59mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.86%), Selenium: 47.6µg (68%), Vitamin B1: 0.96mg (64.24%), Vitamin B3: 11.18mg (55.91%), Vitamin B6: 0.99mg (49.57%), Phosphorus: 334.49mg (33.45%), Vitamin B2: 0.32mg (19.1%), Potassium: 548.2mg (15.66%), Zinc: 2.24mg (14.92%), Vitamin B12: 0.82µg (13.62%), Vitamin B5: 1.1mg (11.05%), Magnesium: 39.65mg (9.91%), Iron: 1.06mg (5.89%), Vitamin D: 0.7µg (4.69%), Copper: 0.09mg (4.56%), Calcium: 40.15mg (4.01%), Manganese: 0.08mg (3.99%), Folate: 14.74µg (3.69%), Vitamin A: 174.22IU (3.48%), Vitamin E: 0.3mg (2.03%)