



## Pork Chops with Delicious Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

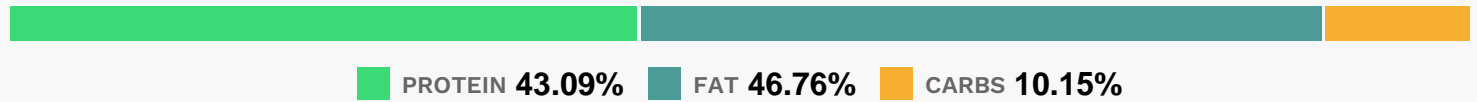
# Equipment

- 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



# Properties

Glycemic Index:61.82, Glycemic Load:3.58, Inflammation Score:-3, Nutrition Score:16.185217300187%

# 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: 283.08kcal (14.15%), Fat: 14.4g (22.15%), Saturated Fat: 6.28g (39.25%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 6.95g (2.53%), Sugar: 5.39g (5.99%), Cholesterol: 104.44mg (34.81%), Sodium: 289.48mg (12.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.85g (59.7%), Selenium: 45.7µg (65.28%), Vitamin B1: 0.92mg (61.29%), Vitamin B3: 10.85mg (54.25%), Vitamin B6: 0.99mg (49.44%), Phosphorus: 328.42mg (32.84%), Vitamin B2: 0.3mg (17.46%), Potassium: 542.18mg (15.49%), Zinc: 2.2mg (14.66%), Vitamin B12: 0.82µg (13.62%), Vitamin B5: 1.08mg (10.8%), Magnesium: 38.41mg (9.6%), Vitamin D: 0.7µg (4.69%), Iron: 0.8mg (4.44%), Copper: 0.08mg (4.15%), Calcium: 39.3mg (3.93%), Vitamin A: 174.22IU (3.48%), Manganese: 0.04mg (2.07%), Vitamin E: 0.3mg (2.01%), Folate: 4.45µg (1.11%)