



## Pork Chops with Fully Loaded Smashed Potatoes

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 slices oscar mayer bacon chopped
- 2 lb pork chops thin-cut bone-in
- 4 oz philadelphia cream cheese cubed ()
- 0.8 cup chicken broth fat-free reduced-sodium
- 3 Tbsp chives fresh divided chopped
- 1.5 lb potatoes red quartered ( 8)
- 1 cup sharp cheddar cheese shredded kraft

## Equipment

- frying pan
- paper towels
- sauce pan
- whisk
- slotted spoon

## Directions

- Cook potatoes in boiling water in large saucepan 20 to 25 min. or until tender. Meanwhile, cook and stir bacon in large skillet on medium heat until crisp.
- Remove bacon from skillet with slotted spoon; drain on paper towels. Discard all but 1 Tbsp. drippings from skillet.
- Add chops to drippings in skillet; cook on medium-high heat 3 min. on each side or until done (145F).
- Transfer chops to plate, reserving drippings in skillet; cover chops to keep warm.
- Add broth to skillet; stir to scrape up browned bits from bottom of skillet.
- Add cream cheese; cook 2 to 3 min. or until cream cheese is completely melted and sauce is thickened, stirring constantly with whisk. Stir in 1 Tbsp. chives.
- Drain potatoes; return to pan. Mash to desired consistency. Stir in cheddar, bacon and remaining chives.
- Serve with meat and pan gravy.

## Nutrition Facts



## Properties

Glycemic Index:2.47, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.2282608358756%

## Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 76.27kcal (3.81%), Fat: 4.81g (7.41%), Saturated Fat: 2.07g (12.93%), Carbohydrates: 2.99g (1%), Net Carbohydrates: 2.69g (0.98%), Sugar: 0.35g (0.38%), Cholesterol: 19.6mg (6.53%), Sodium: 79.06mg (3.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.25%), Selenium: 7.64µg (10.91%), Vitamin B6: 0.16mg (8.03%), Vitamin B3: 1.48mg (7.42%), Vitamin B1: 0.11mg (7.16%), Phosphorus: 67.25mg (6.72%), Potassium: 150.13mg (4.29%), Vitamin B2: 0.06mg (3.54%), Zinc: 0.52mg (3.44%), Calcium: 28.2mg (2.82%), Vitamin B12: 0.15µg (2.52%), Magnesium: 9.55mg (2.39%), Vitamin B5: 0.22mg (2.19%), Vitamin C: 1.59mg (1.93%), Copper: 0.04mg (1.87%), Vitamin A: 79.61IU (1.59%), Iron: 0.26mg (1.46%), Manganese: 0.03mg (1.37%), Fiber: 0.29g (1.18%), Folate: 4.19µg (1.05%), Vitamin K: 1.1µg (1.05%)