



63%  
HEALTH SCORE

## Pork Chops with Scalloped Potatoes

 Very Healthy

READY IN



90 min.

SERVINGS



6

CALORIES



1491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon beef bouillon from cube
- 0.3 cup butter
- 2 teaspoons thyme dried
- 0.3 cup flour all-purpose
- 1 medium onion thinly sliced
- 1 teaspoon pepper
- 36 servings pork chops boneless (1/)
- 6 medium potatoes - remove skin red thinly sliced

- 0.3 cup water
- 1 cup water hot

## Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- aluminum foil
- slotted spoon

## Directions

- Preheat the oven to 350 degrees F (175 degrees C).
- Heat a skillet over medium-high heat and coat with nonstick cooking spray. Brown the pork chops on each side, about 2 minutes, then set aside.
- Layer half of the potato slices, and half of the onion slices in the bottom of a lightly greased 9x13 inch baking dish. Season with half of the thyme and half of the pepper. Dot with 2 tablespoons of the butter. Arrange pork chops on top of the potatoes, then cover with the remaining potatoes, onion, seasonings, and butter. Dissolve the bouillon cube in hot water, and pour evenly over the casserole. Cover with a lid or aluminum foil.
- Bake for 1 hour in the preheated oven.
- Remove the pork and potatoes to a serving dish with a slotted spoon.
- Pour the drippings into a skillet. In a small bowl or cup, whisk together the flour and water using a fork.
- Whisk into the drippings, and cook over medium heat until thickened and bubbly.
- Serve gravy with pork chops and potatoes.

## Nutrition Facts



## Properties

Glycemic Index:30.67, Glycemic Load:3.3, Inflammation Score:-9, Nutrition Score:51.893043787583%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

## Nutrients (% of daily need)

Calories: 1491.22kcal (74.56%), Fat: 63.87g (98.27%), Saturated Fat: 24.66g (154.15%), Carbohydrates: 39.99g (13.33%), Net Carbohydrates: 35.71g (12.98%), Sugar: 3.55g (3.95%), Cholesterol: 559.02mg (186.34%), Sodium: 491.68mg (21.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 178.18g (356.36%), Selenium: 269.18µg (384.54%), Vitamin B1: 5.59mg (372.47%), Vitamin B3: 67.03mg (335.15%), Vitamin B6: 6.23mg (311.33%), Phosphorus: 1961.49mg (196.15%), Potassium: 4010.27mg (114.58%), Vitamin B2: 1.59mg (93.5%), Zinc: 13.27mg (88.47%), Vitamin B12: 4.28µg (71.3%), Magnesium: 260.88mg (65.22%), Vitamin B5: 6.5mg (65%), Copper: 0.77mg (38.27%), Iron: 6.3mg (35.02%), Manganese: 0.48mg (24.23%), Vitamin C: 19.84mg (24.05%), Vitamin D: 3.22µg (21.44%), Fiber: 4.28g (17.12%), Folate: 52.62µg (13.16%), Vitamin K: 13.19µg (12.56%), Calcium: 94.15mg (9.42%), Vitamin E: 1.32mg (8.81%), Vitamin A: 298.29IU (5.97%)