



Rosemary Sherry Pork Chops

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chicken broth
- ☐ 0.5 teaspoon parsley dried
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 0.5 teaspoon garlic powder
- ☐ 1 onion thinly sliced
- ☐ 0.5 teaspoon onion powder

- ☐ 3 inch pork chops thick
- ☐ 4 servings salt and pepper to taste
- ☐ 4 tablespoons vegetable oil

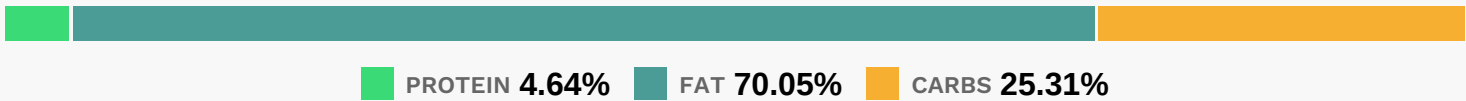
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a small bowl, combine the flour, garlic powder, onion powder, parsley and salt and pepper to taste.
- ☐ Mix well and dredge each pork chop in the mixture, patting lightly to evenly coat each chop.
- ☐ Heat the oil in a large skillet over medium high heat.
- ☐ Saute the chops in the oil for 4 to 5 minutes per side, or until well browned. Then add the chicken broth, sherry and the rosemary to taste.
- ☐ Spread the sliced onion over the chops, reduce heat to low, cover and simmer for 10 minutes.
- ☐ Flip the chops, allowing the onion slices to drop down into the liquid. Re-cover, and simmer for 5 more minutes, or until pork reaches an internal temperature of 145 degrees F (63 degrees C). Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:6.36, Inflammation Score:-3, Nutrition Score:4.0604347714587%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg,

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 182.17kcal (9.11%), Fat: 13.93g (21.43%), Saturated Fat: 2.15g (13.47%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 10.5g (3.82%), Sugar: 1.42g (1.58%), Cholesterol: 1.86mg (0.62%), Sodium: 305.84mg (13.3%), Alcohol: 0.77g (100%), Alcohol %: 1.07% (100%), Protein: 2.07g (4.15%), Vitamin K: 25.36µg (24.16%), Vitamin B1: 0.12mg (7.77%), Vitamin E: 1.14mg (7.62%), Manganese: 0.14mg (6.89%), Selenium: 4.55µg (6.5%), Folate: 24.75µg (6.19%), Vitamin B2: 0.08mg (4.82%), Vitamin B3: 0.88mg (4.38%), Iron: 0.63mg (3.51%), Fiber: 0.83g (3.31%), Vitamin B6: 0.06mg (3.17%), Phosphorus: 28.48mg (2.85%), Vitamin C: 2.12mg (2.57%), Potassium: 76.49mg (2.19%), Magnesium: 7.23mg (1.81%), Copper: 0.04mg (1.76%), Zinc: 0.2mg (1.34%), Calcium: 11.47mg (1.15%), Vitamin B5: 0.1mg (1.04%)