



Rubbed Down Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups mushrooms fresh sliced
- 4 tablespoons garlic minced
- 2 tablespoons garlic powder
- 1 medium onion sliced
- 1 teaspoon pepper
- 4 pork chops
- 1 teaspoon salt
- 0.5 cup water divided

0.3 cup worcestershire sauce

Equipment

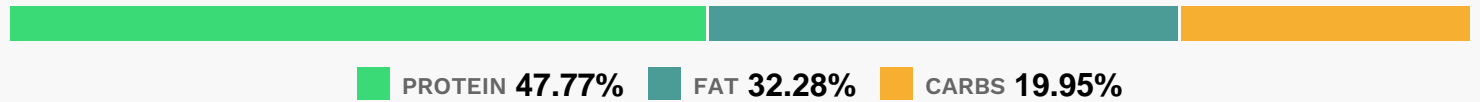
bowl

frying pan

Directions

- In a bowl, mix the garlic powder, salt, and pepper. Rub pork chops on both sides with the garlic powder mixture and the minced garlic.
- In a skillet over medium heat, mix the Worcestershire sauce and 1/4 cup water.
- Place pork chops in the skillet, and cook 10 minutes.
- Turn chops in the skillet, and pour in remaining 1/4 cup water.
- Mix in the onion and mushrooms, and continue cooking 10 minutes, or to desired doneness.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:1.85, Inflammation Score:-4, Nutrition Score:21.558260900819%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 268.91kcal (13.45%), Fat: 9.58g (14.73%), Saturated Fat: 3.34g (20.89%), Carbohydrates: 13.31g (4.44%), Net Carbohydrates: 11.71g (4.26%), Sugar: 4.02g (4.46%), Cholesterol: 89.78mg (29.93%), Sodium: 877.97mg (38.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.89g (63.77%), Selenium: 51.16µg (73.08%), Vitamin B1: 0.99mg (66.09%), Vitamin B3: 12.68mg (63.41%), Vitamin B6: 1.22mg (61.13%), Phosphorus: 392mg (39.2%), Vitamin B2: 0.49mg (28.59%), Potassium: 916.67mg (26.19%), Vitamin B5: 1.81mg (18.11%), Zinc: 2.63mg (17.53%), Copper: 0.33mg (16.49%), Manganese: 0.31mg (15.28%), Iron: 2.29mg (12.75%), Magnesium: 50.39mg (12.6%), Vitamin B12: 0.73µg (12.16%), Vitamin C: 7.82mg (9.48%), Fiber: 1.6g (6.41%), Calcium: 56.64mg (5.66%), Folate: 16.97µg (4.24%), Vitamin D: 0.63µg (4.21%), Vitamin E: 0.24mg (1.58%), Vitamin K: 1.25µg (1.19%)