



Shirred Potatoes and Pork Chops

READY IN



210 min.

SERVINGS



4

CALORIES



773 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 tablespoons butter
- 3 tablespoons flour all-purpose
- 3 cups milk
- 4 pork chops
- 4 large potatoes shredded as needed
- 4 servings salt and pepper to taste

Equipment

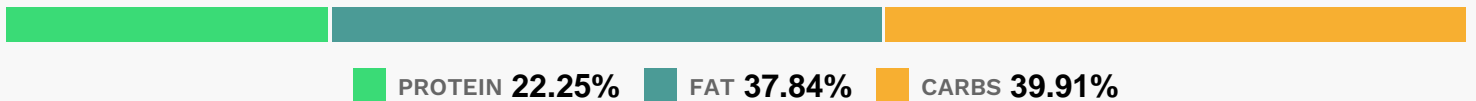
- frying pan

- sauce pan
- oven
- whisk
- baking pan

Directions

- Preheat an oven to 325 degrees F (165 degrees C). Grease a 2-quart baking dish.
- Whisk together the milk, flour, butter, salt, and pepper in a saucepan over medium-low heat, stirring until the mixture thickens, 5 to 8 minutes.
- Remove the white sauce from the heat.
- Heat a skillet over medium heat, and sear the pork chops on both sides in the hot skillet just until browned, about 5 minutes. Set the pork chops aside.
- Place about 2/3 of the shredded potatoes into the prepared baking dish. Potatoes should fill about 2/3 of the dish. Top with the seared pork chops, and top with the remaining shredded potatoes.
- Pour the white sauce over the casserole.
- Bake in the preheated oven for 3 hours.

Nutrition Facts



Properties

Glycemic Index:61.69, Glycemic Load:53.55, Inflammation Score:-8, Nutrition Score:40.176087337991%

Flavonoids

Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg, Kaempferol: 2.95mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Nutrients (% of daily need)

Calories: 772.67kcal (38.63%), Fat: 32.57g (50.11%), Saturated Fat: 17.59g (109.91%), Carbohydrates: 77.32g (25.77%), Net Carbohydrates: 69.05g (25.11%), Sugar: 11.71g (13.01%), Cholesterol: 156.89mg (52.3%), Sodium: 484.93mg (21.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.09g (86.19%), Vitamin B6: 2.18mg (108.81%), Vitamin B1: 1.34mg (89.11%), Vitamin C: 72.69mg (88.11%), Vitamin B3: 15.13mg (75.63%), Selenium: 51.06µg (72.94%), Phosphorus: 709.11mg (70.91%), Potassium: 2338.91mg (66.83%), Vitamin B2: 0.65mg (38.44%),

Magnesium: 143.33mg (35.83%), Fiber: 8.27g (33.08%), Manganese: 0.62mg (31.01%), Vitamin B12: 1.73µg (28.9%), Calcium: 284.75mg (28.48%), Vitamin B5: 2.8mg (27.97%), Zinc: 3.96mg (26.37%), Copper: 0.48mg (24.18%), Iron: 3.82mg (21.19%), Folate: 69.96µg (17.49%), Vitamin D: 2.55µg (16.99%), Vitamin A: 833.99IU (16.68%), Vitamin K: 9.05µg (8.62%), Vitamin E: 0.79mg (5.29%)