



# Skillet Pork Chops with Potatoes and Onion

READY IN



70 min.

SERVINGS



4

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 cubes beef bouillon from cube
- 2 tablespoons flour all-purpose
- 1 tablespoon juice of lemon
- 2 medium onion sliced
- 0.3 cup parmesan cheese grated
- 0.3 teaspoon pepper
- 4 pork chops trimmed (1/)
- 0.5 teaspoon salt
- 2 tablespoons vegetable oil

- 0.8 cup water hot
- 4 yukon gold potatoes thinly sliced

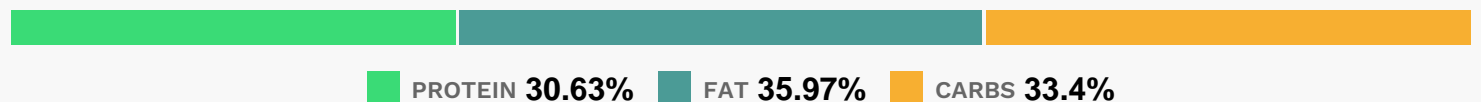
## Equipment

- bowl
- frying pan

## Directions

- Heat oil in a large skillet over medium heat. Coat the pork chops with flour, and place in the skillet. Brown about 4 minutes on each side.
- In a small bowl, mix the Parmesan cheese, salt, and pepper.
- Sprinkle 1/2 the Parmesan cheese mixture over the pork chops.
- Layer chops with the potatoes.
- Sprinkle with remaining Parmesan cheese mixture. Top with onion slices.
- In a small bowl, dissolve the beef bouillon cubes in hot water. Stir in the lemon juice.
- Pour over the layered pork chops.
- Cover skillet, and reduce heat. Simmer 40 minutes, until vegetables are tender and pork chops have reached an internal temperature of 145 degrees F (63 degrees C).

## Nutrition Facts



## Properties

Glycemic Index:54.44, Glycemic Load:24.96, Inflammation Score:-6, Nutrition Score:27.231739049372%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.37mg, Quercetin:

12.37mg, Quercetin: 12.37mg, Quercetin: 12.37mg

## Nutrients (% of daily need)

Calories: 470.79kcal (23.54%), Fat: 18.7g (28.77%), Saturated Fat: 5.69g (35.57%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 34.25g (12.46%), Sugar: 3.77g (4.19%), Cholesterol: 97.03mg (32.34%), Sodium: 526.75mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.83g (71.66%), Vitamin B6: 1.55mg (77.56%), Vitamin B1: 1.09mg (72.52%), Selenium: 49.36µg (70.51%), Vitamin B3: 12.82mg (64.08%), Phosphorus: 473.46mg (47.35%), Vitamin C: 39.01mg (47.29%), Potassium: 1322.37mg (37.78%), Vitamin B2: 0.37mg (21.52%), Magnesium: 84.13mg (21.03%), Zinc: 3.06mg (20.39%), Manganese: 0.39mg (19.53%), Fiber: 4.82g (19.28%), Vitamin B5: 1.6mg (15.96%), Vitamin K: 16.31µg (15.54%), Copper: 0.3mg (14.92%), Vitamin B12: 0.82µg (13.75%), Iron: 2.35mg (13.04%), Calcium: 119.13mg (11.91%), Folate: 45.84µg (11.46%), Vitamin E: 0.81mg (5.4%), Vitamin D: 0.58µg (3.85%), Vitamin A: 82.85IU (1.66%)