



## Smothered Chops with Bacon Bits

 Dairy Free

READY IN



60 min.

SERVINGS



5

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup flour all-purpose
- 0.5 teaspoon salt
- 0.3 teaspoon pepper
- 1.3 pounds pork loin chops bone-in lean
- 0.3 cup vegetable oil
- 0.5 cup onion chopped
- 1 tablespoon flour all-purpose
- 0.3 cup bacon bits

2.5 cups frangelico

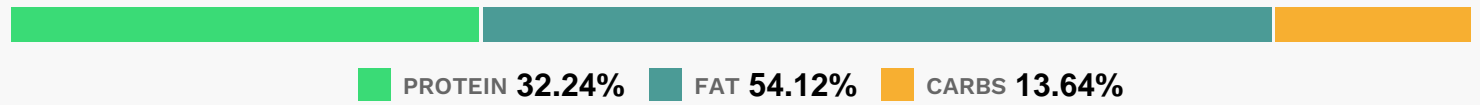
## Equipment

frying pan

## Directions

- In shallow dish, stir together 1/3 cup flour, the salt and pepper. Coat pork chops with flour mixture, shaking off excess.
- In 12-inch skillet, heat oil over medium-high heat. Cook pork chops in oil about 10 minutes, turning once, until brown.
- Remove from skillet.
- Stir onion into drippings in skillet. Cook about 2 minutes, stirring frequently, until softened. Stir in 1 tablespoon flour. Cook 2 minutes, stirring constantly. Stir in half-and-half and bacon bits.
- Return pork chops to skillet. Cover and cook over medium-low heat about 30 minutes, stirring occasionally, until pork is no longer pink in center.

## Nutrition Facts



## Properties

Glycemic Index:41.8, Glycemic Load:5.77, Inflammation Score:-4, Nutrition Score:17.077826141663%

## Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg

## Nutrients (% of daily need)

Calories: 370.88kcal (18.54%), Fat: 21.95g (33.77%), Saturated Fat: 4.94g (30.9%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 10.68g (3.88%), Sugar: 0.71g (0.78%), Cholesterol: 75.98mg (25.33%), Sodium: 497.22mg (21.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.42g (58.85%), Vitamin B1: 0.91mg (60.8%), Selenium: 41.83µg (59.76%), Vitamin B3: 9.85mg (49.24%), Vitamin B6: 0.86mg (42.83%), Phosphorus: 297.37mg (29.74%), Vitamin K: 20.3µg (19.34%), Vitamin B2: 0.27mg (15.95%), Zinc: 2.08mg (13.84%), Potassium: 475.39mg (13.58%), Vitamin E: 1.87mg (12.44%), Vitamin B12: 0.74µg (12.38%), Magnesium: 44.66mg (11.17%), Folate: 36.08µg (9.02%), Vitamin B5: 0.89mg (8.89%), Copper: 0.15mg (7.46%), Fiber: 1.77g (7.08%), Iron: 1.16mg (6.42%),

Manganese: 0.11mg (5.45%), Vitamin D: 0.45 $\mu$ g (3.02%), Calcium: 25.63mg (2.56%), Vitamin C: 1.41mg (1.71%)