



Smothered Pork Chops

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

READY IN



55 min.

SERVINGS



55

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 lb pork chops bone-in
- 1 Tbsp oil
- 2 large onions sliced
- 1 pkt. shake 'n bake original pork seasoned coating mix
- 12 oz heinz homestyle pork gravy

Equipment

- frying pan
- oven

Directions

- Heat oven to 375F.
- Coat chops with coating mix as directed on package; place in 13x9-inch pan sprayed with cooking spray.
- Toss onions with oil; place over chops.
- Bake 30 min.
- Pour gravy over chops; cover.
- Bake 10 to 15 min. or until chops are done (145F).
- Remove chops from oven; let stand 3 min. before serving.

Nutrition Facts

 **PROTEIN 35.62%**  **FAT 59.52%**  **CARBS 4.86%**

Properties

Glycemic Index:0.49, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.0430434941436%

Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 42.78kcal (2.14%), Fat: 2.77g (4.27%), Saturated Fat: 0.91g (5.68%), Carbohydrates: 0.51g (0.17%), Net Carbohydrates: 0.42g (0.15%), Sugar: 0.23g (0.26%), Cholesterol: 13.28mg (4.43%), Sodium: 10.71mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.47%), Selenium: 5.83µg (8.33%), Vitamin B1: 0.11mg (7.38%), Vitamin B6: 0.12mg (5.9%), Vitamin B3: 1.11mg (5.55%), Phosphorus: 38.96mg (3.9%), Zinc: 0.37mg (2.49%), Vitamin B2: 0.04mg (2.37%), Potassium: 69.3mg (1.98%), Vitamin B12: 0.11µg (1.86%), Vitamin B5: 0.14mg (1.38%), Magnesium: 4.89mg (1.22%)