



Smothered Pork Chops

READY IN



53 min.

SERVINGS



4

CALORIES



525 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons pepper black freshly ground
- 1 tablespoon butter
- 2 tablespoons canola oil
- 1 cup chicken stock see unsalted
- 8 ounce cremini mushrooms sliced
- 0.3 cup cooking wine dry white
- 1 large eggs
- 0.5 cup flour all-purpose
- 0.5 teaspoon flour all-purpose

- 1 tablespoon chives fresh chopped
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 garlic clove minced
- 1 cup half-and-half divided
- 0.5 teaspoon kosher salt
- 0.5 cup onion finely chopped
- 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- 16 ounce center-cut loin pork chops boneless (1/)
- 1 teaspoon water

Equipment

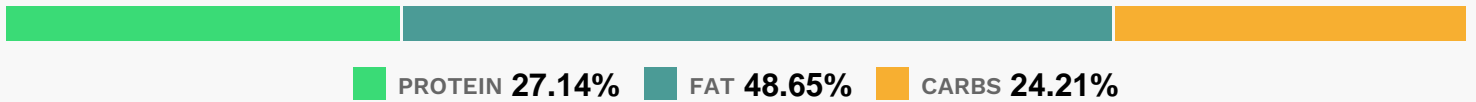
- bowl
- frying pan
- whisk

Directions

- Combine 1/2 cup flour and pepper in a shallow bowl or dish.
- Place panko in a second shallow bowl or dish.
- Combine 1/2 cup half-and-half and egg in a third shallow bowl or dish; stir with a whisk.
- Sprinkle both sides of pork chops with salt. Dredge 1 pork chop in flour mixture. Dip in egg mixture; dredge in breadcrumb mixture. Repeat procedure with remaining pork chops, flour mixture, egg mixture, and breadcrumb mixture. Cover and chill 15 minutes.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat until hot.
- Add chops to pan; cook 2 minutes or until lightly browned.
- Remove chops from pan; add remaining 1 tablespoon oil to pan. Turn chops over; return to pan. Cook 2 minutes or until lightly browned.
- Remove from pan; keep warm.
- Heat butter in pan over medium-high heat.
- Add onion; saut 1 minute.

- Add mushrooms; saut 3 minutes.
- Add garlic; saut 1 minute.
- Add wine to pan; cook until liquid almost evaporates, scraping pan to loosen browned bits.
- Combine 1/2 teaspoon flour and 1 teaspoon water in a small bowl; stir with a whisk.
- Add to cooking liquid in pan. Bring to a boil; cook 1 minute, stirring constantly.
- Add stock; bring to a boil. Cook until reduced to 1 1/4 cups (about 6 minutes). Stir in 1/2 cup half-and-half. Cook 3 minutes or until thick, stirring constantly.
- Remove from heat; stir in parsley and chives.
- Serve sauce with pork chops.

Nutrition Facts



Properties

Glycemic Index:95.25, Glycemic Load:9.44, Inflammation Score:-7, Nutrition Score:29.091738991115%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 524.51kcal (26.23%), Fat: 27.45g (42.23%), Saturated Fat: 10.12g (63.25%), Carbohydrates: 30.74g (10.25%), Net Carbohydrates: 28.83g (10.48%), Sugar: 6.29g (6.99%), Cholesterol: 152.98mg (50.99%), Sodium: 597.43mg (25.98%), Alcohol: 2.06g (100%), Alcohol %: 0.67% (100%), Protein: 34.45g (68.9%), Selenium: 67.89µg (96.99%), Vitamin B1: 1.1mg (73.52%), Vitamin B3: 14.01mg (70.05%), Vitamin B6: 1.04mg (52.14%), Vitamin B2: 0.85mg (50.09%), Phosphorus: 472.62mg (47.26%), Vitamin K: 42.77µg (40.73%), Potassium: 946.71mg (27.05%), Copper: 0.47mg (23.54%), Manganese: 0.47mg (23.42%), Vitamin B5: 2.24mg (22.36%), Zinc: 3.24mg (21.61%), Folate: 74.04µg (18.51%), Vitamin B12: 0.93µg (15.49%), Iron: 2.77mg (15.39%), Magnesium: 59.74mg (14.94%), Calcium: 130.24mg (13.02%), Vitamin E: 1.81mg (12.05%), Vitamin A: 581.17IU (11.62%), Fiber: 1.91g (7.62%), Vitamin C: 5.47mg (6.64%), Vitamin D: 0.76µg (5.07%)