



Smothered Pork Chops

READY IN



40 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup buttermilk
- ☐ 0.5 teaspoon cajun spice
- ☐ 0.8 cup flour all-purpose
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 4 servings kosher salt
- ☐ 1.5 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 large onion sliced
- ☐ 4 center-cut pork chops bone-in ()

☐ 1 tablespoon butter unsalted

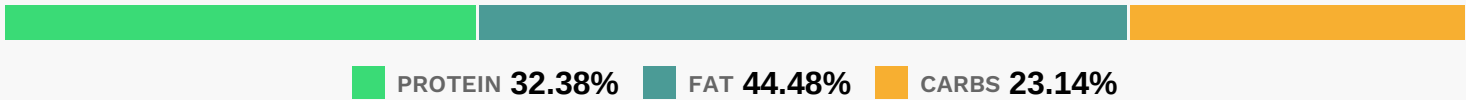
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sprinkle the pork chops all over with salt and the Cajun seasoning.
- ☐ Pour the flour into a shallow bowl. Dredge the chops in the flour, turning to coat, and tap off any excess. Reserve the remaining flour.
- ☐ Heat the olive oil in a large skillet over medium-high heat.
- ☐ Add the chops; cook until browned, 2 to 3 minutes per side.
- ☐ Transfer to a plate.
- ☐ Add the butter, onion, thyme and a pinch of salt to the skillet. Cook, stirring occasionally, until the onion is golden brown, 8 to 10 minutes.
- ☐ Add 2 tablespoons of the reserved flour to the skillet and cook, stirring, 1 minute.
- ☐ Add the chicken broth, bring to a boil and cook until reduced by one-third, about 2 minutes.
- ☐ Add the buttermilk and return the chops to the skillet. Bring the sauce to a simmer, then reduce the heat to medium low and cook until the sauce is thickened and the chops are just cooked through, 10 to 12 minutes.
- ☐ Serve with biscuits.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:48.25, Glycemic Load:14.41, Inflammation Score:-9, Nutrition Score:22.601739199265%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg, Quercetin: 7.61mg

Nutrients (% of daily need)

Calories: 436.42kcal (21.82%), Fat: 21.32g (32.8%), Saturated Fat: 7.03g (43.94%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 23.36g (8.5%), Sugar: 3.75g (4.16%), Cholesterol: 101.71mg (33.9%), Sodium: 329.48mg (14.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.85%), Selenium: 54.02µg (77.17%), Vitamin B1: 1.12mg (74.38%), Vitamin B3: 13.44mg (67.19%), Vitamin B6: 1.06mg (53.15%), Phosphorus: 403.06mg (40.31%), Vitamin B2: 0.48mg (28.33%), Potassium: 727.07mg (20.77%), Zinc: 2.59mg (17.28%), Vitamin B12: 0.99µg (16.48%), Iron: 2.43mg (13.52%), Folate: 53.03µg (13.26%), Magnesium: 51.95mg (12.99%), Vitamin B5: 1.29mg (12.92%), Manganese: 0.25mg (12.69%), Copper: 0.19mg (9.54%), Vitamin E: 1.39mg (9.24%), Calcium: 79.75mg (7.98%), Vitamin D: 1.11µg (7.39%), Vitamin A: 365.85IU (7.32%), Vitamin C: 5.58mg (6.76%), Fiber: 1.6g (6.41%), Vitamin K: 5µg (4.76%)