



Smothered Pork Chops

 Dairy Free

READY IN



50 min.

SERVINGS



2

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef stock
- ☐ 1 cup chicken stock see
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 teaspoon sea salt
- ☐ 3 tablespoons grapeseed oil
- ☐ 0.5 teaspoon onion powder
- ☐ 1 teaspoon cracked pepper black
- ☐ 2 pork chops ()

- ☐ 2 teaspoons seasoning salt
- ☐ 0.5 cup self-rising flour
- ☐ 1 teaspoon paprika smoked
- ☐ 1 tablespoon freshly thyme leaves chopped
- ☐ 1 vidalia onion sliced

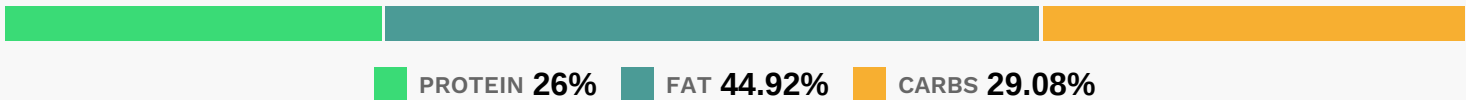
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a small bowl mix together the seasoning salt, pepper, paprika, garlic powder and onion powder. Season each pork chop liberally with the spice mixture.
- ☐ Add the flour to a small bowl and stir in the remaining spice mixture. Dredge the chops in the flour, shaking off the excess.
- ☐ In a large cast iron skillet over medium-high heat, add the oil. Sear each chop for 2 to 3 minutes, then flip and sear the other side for an additional 2 minutes.
- ☐ Remove from the skillet to a plate and set aside.
- ☐ Add the thyme, onion, garlic and 1 to 2 tablespoons of the seasoned flour and cook until slightly caramelized, about 2 to 3 minutes. Stir in the stocks and with a wooden spoon scrape up any bits from the bottom of the skillet.
- ☐ Add the chops back to the pan and cover. Put in the oven and bake until tender and the sauce has thickened, about 18 to 20 minutes.
- ☐ Remove the chops and sauce to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:124, Glycemic Load:15.77, Inflammation Score:-10, Nutrition Score:31.779565199562%

Flavonoids

Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg, Luteolin: 1.6mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 2.02mg, Myricetin: 2.02mg, Myricetin: 2.02mg, Myricetin: 2.02mg Quercetin: 24.17mg, Quercetin: 24.17mg, Quercetin: 24.17mg, Quercetin: 24.17mg

Nutrients (% of daily need)

Calories: 658.48kcal (32.92%), Fat: 32.88g (50.58%), Saturated Fat: 5.91g (36.91%), Carbohydrates: 47.9g (15.97%), Net Carbohydrates: 44.26g (16.09%), Sugar: 11.84g (13.15%), Cholesterol: 93.38mg (31.13%), Sodium: 3053.83mg (132.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.82g (85.64%), Selenium: 64.61µg (92.3%), Vitamin B6: 1.56mg (77.82%), Vitamin B3: 15.46mg (77.32%), Vitamin B1: 1.14mg (75.7%), Phosphorus: 510.02mg (51%), Vitamin E: 6.75mg (45.03%), Potassium: 1401.85mg (40.05%), Vitamin B2: 0.66mg (38.88%), Manganese: 0.74mg (36.99%), Copper: 0.48mg (24.1%), Magnesium: 91.44mg (22.86%), Zinc: 3.39mg (22.63%), Vitamin C: 16.42mg (19.9%), Iron: 3.42mg (18.99%), Folate: 62.33µg (15.58%), Fiber: 3.64g (14.57%), Vitamin B5: 1.38mg (13.84%), Vitamin A: 676.26IU (13.53%), Vitamin B12: 0.71µg (11.84%), Calcium: 109.29mg (10.93%), Vitamin D: 0.54µg (3.57%), Vitamin K: 3.67µg (3.5%)