



Smothered Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



704 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bacon
- ☐ 2 teaspoons brown sugar
- ☐ 2 tablespoons canola oil divided
- ☐ 14.5 ounce chicken broth canned
- ☐ 0.3 cup flour all-purpose
- ☐ 1 teaspoon ground cumin
- ☐ 1 hardboiled egg finely chopped
- ☐ 1 head iceberg lettuce

- ☐ 1 cup mushrooms sliced
- ☐ 1 medium onion chopped
- ☐ 2 tablespoons freshly parsley leaves chopped
- ☐ 5 end-cut pork chops
- ☐ 0.3 cup red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons spicy mustard

Equipment

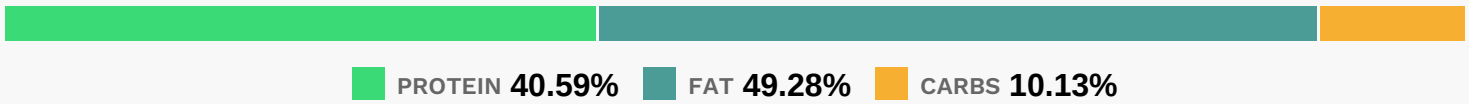
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Preheat an ovenproof skillet over high heat. Season the pork chops with salt and pepper, to taste.
- ☐ Add 1 tablespoon of canola oil to the pan.
- ☐ Add the pork chops and sear on both sides until golden brown.
- ☐ Remove from skillet and set aside.
- ☐ In same skillet over medium heat add the remaining tablespoon of canola oil, the onions and mushrooms and saute until slightly softened.
- ☐ Add the flour and cumin and cook until lightly golden in color. Stir in the chicken broth and mustard, and bring to a boil. Reduce the heat to a simmer, add the parsley and return all but 1 pork chop back into skillet. Reserve the 1 pork chop for Round 2 Recipe Pork Cabbage Wraps. Season with salt and pepper and spoon the gravy over the pork chops. Simmer for 5 minutes, or until pork chops are cooked through.
- ☐ Transfer to serving plates and serve with the Iceberg Wedge Salad.
- ☐ Remove the core from the lettuce and cut into 4 quarters. Arrange on serving plates and set aside.

- ☐
- In a small skillet saute bacon until crisp.
- ☐
- Remove from skillet, to a plate lined with a paper bag or paper towels. Once cooled, chop into small pieces and add to a small bowl. In the skillet over low heat, add the brown sugar, vinegar and salt and pepper, to taste.
- ☐
- Whisk together until combined and sugar is completely dissolved. Stir in the egg and bacon and season with salt and pepper, to taste.
- ☐
- Pour over the top of the iceberg wedges and serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:5.88, Inflammation Score:-8, Nutrition Score:36.744782883188%

Flavonoids

Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg, Quercetin: 7.5mg

Nutrients (% of daily need)

Calories: 704.18kcal (35.21%), Fat: 37.76g (58.1%), Saturated Fat: 10.36g (64.72%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 14.47g (5.26%), Sugar: 6.53g (7.26%), Cholesterol: 224.75mg (74.92%), Sodium: 839.04mg (36.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70g (139.99%), Selenium: 90.38µg (129.12%), Vitamin B3: 18.36mg (91.79%), Vitamin B1: 1.35mg (90.27%), Vitamin B6: 1.61mg (80.66%), Vitamin K: 73.1µg (69.62%), Phosphorus: 666.15mg (66.62%), Zinc: 6.08mg (40.56%), Vitamin B2: 0.68mg (39.97%), Vitamin B12: 2.17µg (36.23%), Potassium: 1197.23mg (34.21%), Iron: 4.17mg (23.17%), Magnesium: 90.41mg (22.6%), Vitamin A: 1119.43IU (22.39%), Vitamin B5: 2.1mg (20.99%), Folate: 73.89µg (18.47%), Manganese: 0.36mg (17.9%), Vitamin E: 2.31mg (15.39%), Copper: 0.3mg (15.23%), Fiber: 3g (12.01%), Vitamin C: 9.12mg (11.05%), Calcium: 81.07mg (8.11%), Vitamin D: 1.18µg (7.89%)