



Smothered Pork Chops with Onions and Cheddar Grits

READY IN



45 min.

SERVINGS



4

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black
- 2 teaspoons butter
- 0.5 cup fat-skimmed beef broth fat-free
- 3 tablespoons flour all-purpose
- 0.1 teaspoon garlic powder
- 0.5 teaspoon garlic powder
- 1 Dash ground pepper red
- 1 cup onion chopped

- 16 ounce pork loin chops boneless trimmed
- 0.7 cup quick-cooking grits uncooked
- 0.5 teaspoon salt divided
- 1 ounce sharp cheddar cheese
- 0.3 cup water
- 2.7 cups water

Equipment

- frying pan

Directions

- Bring water to a boil; stir in grits. Reduce heat, and cook 5 minutes, stirring frequently.
- Remove from heat. Stir in cheese, 1/4 teaspoon salt, 1/8 teaspoon garlic powder, and red pepper.
- While grits cook, sprinkle pork with 1/4 teaspoon salt, 1/2 teaspoon garlic powder, and black pepper. Dredge in flour. Melt butter in a large nonstick skillet over medium-high heat.
- Add the pork and onion; saut 6 minutes, turning pork over after 3 minutes.
- Add broth and water; bring to a boil. Cover, reduce heat, and simmer 4 minutes.
- Serve with grits.

Nutrition Facts

PROTEIN 34.1% **FAT 33.31%** **CARBS 32.59%**

Properties

Glycemic Index:63.25, Glycemic Load:4, Inflammation Score:-5, Nutrition Score:18.285651974056%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 347.6kcal (17.38%), Fat: 12.8g (19.69%), Saturated Fat: 5.52g (34.48%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 26.08g (9.48%), Sugar: 2.04g (2.27%), Cholesterol: 88.44mg (29.48%), Sodium: 534.73mg (23.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.48g (58.95%), Vitamin B1: 0.97mg (64.56%), Selenium: 42.41µg (60.59%), Vitamin B3: 10.79mg (53.96%), Vitamin B6: 0.96mg (47.89%), Phosphorus: 353.2mg (35.32%), Vitamin B2: 0.37mg (21.7%), Zinc: 2.39mg (15.96%), Potassium: 544.96mg (15.57%), Folate: 57.99µg (14.5%), Magnesium: 51.29mg (12.82%), Vitamin B12: 0.74µg (12.29%), Vitamin B5: 1.05mg (10.45%), Iron: 1.87mg (10.38%), Manganese: 0.17mg (8.49%), Fiber: 2.08g (8.32%), Calcium: 76.85mg (7.69%), Copper: 0.15mg (7.67%), Vitamin C: 2.98mg (3.62%), Vitamin D: 0.5µg (3.31%), Vitamin A: 149.57IU (2.99%), Vitamin E: 0.28mg (1.87%)