



## Smothered Pork Chops with Thyme

READY IN



30 min.

SERVINGS



4

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 tablespoons milk fat-free
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 tablespoon parsley fresh minced
- ☐ 1 cup less-sodium beef broth fat-free divided
- ☐ 1 cup onion coarsely chopped
- ☐ 0.5 teaspoon paprika

- ☐ 2 ounce center-cut loin pork chops boneless ( 1/)
- ☐ 0.5 teaspoon salt

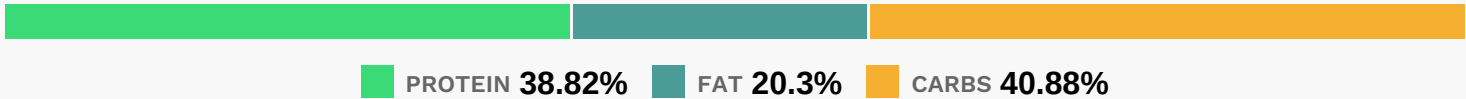
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine 1/4 cup broth, milk, flour, mustard, salt, and pepper in a small bowl; stir with a whisk. Set aside.
- ☐ Sprinkle one side of each pork chop with paprika and thyme.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add half of the pork to pan; saut 1 1/2 minutes on each side or until pork is done and lightly browned.
- ☐ Remove pork from pan. Repeat procedure with remaining pork. Reduce heat to medium.
- ☐ Add chopped onion; saut 4 minutes or until lightly golden.
- ☐ Add remaining 3/4 cup broth; bring to a boil. Cook 2 minutes.
- ☐ Add milk mixture, stirring with a whisk.
- ☐ Add pork, turning to coat; cook 1 minute.
- ☐ Sprinkle with minced parsley.

Nutrition Facts



Properties

Glycemic Index:61.56, Glycemic Load:1.54, Inflammation Score:-4, Nutrition Score:4.5913043073986%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg

Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

Nutrients (% of daily need)

Calories: 50.99kcal (2.55%), Fat: 1.17g (1.8%), Saturated Fat: 0.39g (2.41%), Carbohydrates: 5.32g (1.77%), Net Carbohydrates: 4.33g (1.57%), Sugar: 2.15g (2.39%), Cholesterol: 9.72mg (3.24%), Sodium: 440.47mg (19.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.09%), Vitamin K: 18.08µg (17.22%), Selenium: 6.26µg (8.94%), Vitamin B1: 0.13mg (8.79%), Vitamin B6: 0.16mg (8.22%), Potassium: 262.09mg (7.49%), Vitamin B3: 1.3mg (6.52%), Phosphorus: 57.13mg (5.71%), Vitamin C: 4.33mg (5.25%), Manganese: 0.1mg (4.86%), Vitamin A: 228.88IU (4.58%), Fiber: 0.99g (3.96%), Vitamin B2: 0.06mg (3.41%), Folate: 11.59µg (2.9%), Magnesium: 11.31mg (2.83%), Calcium: 25.68mg (2.57%), Iron: 0.45mg (2.49%), Zinc: 0.37mg (2.48%), Vitamin B5: 0.2mg (2.03%), Vitamin B12: 0.12µg (1.98%), Copper: 0.03mg (1.63%)