



Sour Cream Pork Chops with Vidalia Onions

 Gluten Free

READY IN



55 min.

SERVINGS



4

CALORIES



514 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup beef stock
- 4 servings rice hot cooked for serving, optional
- 1 tablespoon parsley fresh chopped
- 4 servings parsley fresh chopped for garnish, optional
- 1 teaspoon paprika
- 4 to pork chops boneless
- 4 servings salt and pepper black freshly ground
- 8 ounce cup heavy whipping cream sour

- 2 tablespoons vegetable oil
- 1.5 cups vidalia onion separated sliced
- 1 teaspoon mustard yellow

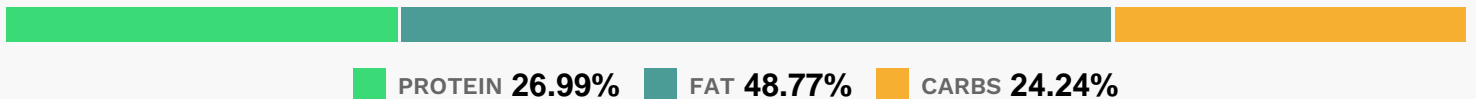
Equipment

- bowl
- frying pan

Directions

- Sprinkle the pork chops with salt and pepper.
- In a large skillet, heat the oil over medium-high heat.
- Add the pork chops and cook until browned, 4 to 5 minutes per side.
- Place the onions evenly over the pork chops.
- In a small bowl, combine the stock, parsley, mustard and paprika, and season with salt and pepper.
- Pour the broth mixture over the pork chops. Return the mixture to a boil. Reduce the heat to medium and simmer for 30 minutes, stirring occasionally. Stir in the sour cream until blended and cook until heated through, 4 to 5 minutes; do not boil.
- Serve over hot cooked rice if using.
- Garnish with parsley if desired.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:23.99, Inflammation Score:-8, Nutrition Score:26.872173506281%

Flavonoids

Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg

1.43mg Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg, Quercetin: 8.73mg

Nutrients (% of daily need)

Calories: 514kcal (25.7%), Fat: 27.57g (42.42%), Saturated Fat: 10.15g (63.44%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 29.57g (10.75%), Sugar: 5.42g (6.02%), Cholesterol: 123.23mg (41.08%), Sodium: 223.2mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.33g (68.66%), Vitamin K: 96.18µg (91.6%), Selenium: 53.86µg (76.95%), Vitamin B1: 0.97mg (64.92%), Vitamin B6: 1.2mg (59.85%), Vitamin B3: 11.8mg (59%), Phosphorus: 420.68mg (42.07%), Vitamin B2: 0.43mg (25.42%), Potassium: 823.05mg (23.52%), Manganese: 0.47mg (23.4%), Vitamin A: 1028.1IU (20.56%), Zinc: 2.92mg (19.44%), Magnesium: 63.75mg (15.94%), Vitamin B5: 1.57mg (15.69%), Vitamin B12: 0.83µg (13.82%), Vitamin C: 10.05mg (12.18%), Copper: 0.22mg (10.83%), Calcium: 100.62mg (10.06%), Iron: 1.63mg (9.07%), Vitamin E: 1.18mg (7.89%), Folate: 28.72µg (7.18%), Fiber: 1.27g (5.1%), Vitamin D: 0.54µg (3.57%)