



Sweet Maple Pork Chops

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1201 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 1 eggs lightly beaten
- 2 tablespoons basil leaves fresh chopped
- 6 ounces mushrooms fresh sliced
- 1 clove garlic diced
- 6 servings ground pepper black to taste
- 1 quart heavy cream divided
- 0.8 cup maple syrup

- 1 large onion cut into 1 inch chunks
- 6 pork chops boneless
- 0.5 cup cooking oats quick
- 6 servings salt to taste
- 1 quart vegetable oil for frying

Equipment

- bowl
- frying pan
- tongs

Directions

- Mix the egg, 3 cups heavy cream, salt, and pepper in a shallow bowl. Season the pork chops with salt and pepper, and dip in the cream mixture. Then dredge in the oats to coat. Repeat to coat chops completely.
- Heat the oil in a skillet over medium-high heat. Use tongs to place the coated chops in the hot oil, and fry until browned on both sides.
- Remove from heat, and set aside.
- Melt the butter in a skillet over medium heat (you may use the same skillet if the oil has been drained), and cook the pork chops, onion, and garlic until onion is tender.
- Pour in the maple syrup, and mix in mushrooms and basil. Season with salt and pepper. Cover, reduce heat to low, and cook 10 minutes, or until pork chops are done.
- Remove chops from skillet, reserving sauce.
- Mix the remaining cream into the skillet with reserved sauce. Bring to a boil. Cook and stir until thickened.
- Serve over the pork chops.

Nutrition Facts

 PROTEIN 12.01%  FAT 74.88%  CARBS 13.11%

Properties

Glycemic Index:57.08, Glycemic Load:13.27, Inflammation Score:-9, Nutrition Score:33.496087385261%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg, Quercetin: 5.08mg

Nutrients (% of daily need)

Calories: 1201.17kcal (60.06%), Fat: 100.97g (155.34%), Saturated Fat: 45.9g (286.88%), Carbohydrates: 39.77g (13.26%), Net Carbohydrates: 38.38g (13.96%), Sugar: 30.48g (33.86%), Cholesterol: 300.31mg (100.1%), Sodium: 332.49mg (14.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.44g (72.88%), Selenium: 56.5µg (80.71%), Vitamin B2: 1.22mg (71.76%), Vitamin B1: 1.03mg (68.48%), Manganese: 1.3mg (65.21%), Vitamin K: 66.5µg (63.33%), Vitamin B3: 11.96mg (59.81%), Vitamin B6: 1.11mg (55.72%), Vitamin A: 2458.09IU (49.16%), Phosphorus: 473.27mg (47.33%), Vitamin E: 4.4mg (29.32%), Potassium: 907.08mg (25.92%), Vitamin D: 3.26µg (21.75%), Zinc: 3.25mg (21.69%), Vitamin B5: 2mg (20%), Magnesium: 79.28mg (19.82%), Calcium: 174.44mg (17.44%), Vitamin B12: 1.04µg (17.39%), Copper: 0.23mg (11.41%), Iron: 1.56mg (8.64%), Fiber: 1.39g (5.56%), Folate: 22.04µg (5.51%), Vitamin C: 3.67mg (4.45%)