

Southern Smothered Pork Chops

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/best-southern-smothered-pork-chops-recipe>

Ingredients:

- 2 teaspoons salt
- 1 1/2 teaspoons paprika
- 3/4 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 4 bone-in pork chops thick cut, 1-1 1/2 inches thick
- 3/4 cup all purpose flour
- 3 tablespoons vegetable oil
- 1 large yellow onion peeled and cut into 1/4 inch thick slices
- 3 cloves garlic peeled and minced
- 2 tablespoons unsalted butter
- 2 cups chicken broth
- 1/4 cup buttermilk
- 1/4 cup water
- freshly chopped parsley for garnish

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 95 milligrams
4. Fat: 44 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 13 grams
8. Sodium: 1290 milligrams
9. Sugar: 2 grams

Thank you for visiting our website. Hope you enjoy Southern Smothered Pork Chops above. You can see more 17 best southern smothered pork chops recipe Get ready to indulge! to get more great cooking ideas.