

Creamy Garlic Pork Chops

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-sticky-pork-chops-recipe>

Ingredients:

- 4 pork chops see notes
- salt
- pepper
- 1 tablespoon olive oil
- 2 tablespoons butter divided
- 1 whole garlic cloves head, peeled
- 1 tablespoon flour
- 1/2 cup chicken broth or stock
- 1/2 teaspoon lemon juice
- 1/4 teaspoon garlic powder
- 3/4 cup whipping cream heavy/
- fresh parsley chopped optional, to taste

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 120 milligrams
4. Fat: 24 grams
5. Fiber: 1 grams
6. Protein: 35 grams
7. SaturatedFat: 11 grams
8. Sodium: 610 milligrams

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