

French Onion Pork Chops

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-chops-with-swiss-cheese-recipe>

Ingredients:

- 4 pork chops boneless or bone-in, medium size, about 1 pound total
- sea salt to taste
- ground black pepper to taste
- 2 tablespoons extra virgin olive oil
- 2 tablespoons butter unsalted
- 2 white onions large, or yellow, peeled and thinly sliced
- 1/2 teaspoon fresh rosemary or 2 small sprigs
- 1/2 cup white wine
- 3/4 cup low sodium chicken stock or broth
- 1 teaspoon cornstarch
- 6 ounces Gruyere cheese
- 4 slices Swiss cheese
- 4 slices Gouda cheese

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 180 milligrams
4. Fat: 45 grams
5. Fiber: 1 grams
6. Protein: 59 grams
7. SaturatedFat: 22 grams
8. Sodium: 930 milligrams
9. Sugar: 3 grams

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