

Smothered Pork Chops

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-loin-chop-japanese-recipe>

Ingredients:

- 4 pork chops 3/4 to 1 inch thick
- 1 Vidalia onion thinly sliced
- 2 teaspoons seasoned salt
- 2 teaspoons garlic powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 cup self rising flour
- 1/2 cup vegetable oil
- 2 cups water

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 75 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 560 milligrams
9. Sugar: 2 grams
10. TransFat: 1 grams

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