

Southern Fried Pork Chops with White Gravy

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-fried-pork-chop-recipe>

Ingredients:

- 4 pork chops
- salt
- pepper
- 1 1/2 cups whole buttermilk divided
- 1 cup self rising flour
- 1 cup self rising cornmeal
- 1 teaspoon paprika
- vegetable oil unchecked?
- 3 tablespoons all purpose flour
- 1 tablespoon butter
- 1 cup whole milk
- 1/2 teaspoon crushed red pepper flakes

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 63 grams
3. Cholesterol: 95 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 46 grams
7. SaturatedFat: 6 grams
8. Sodium: 1540 milligrams
9. Sugar: 8 grams

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