

Smothered Pork Chop

Yield: 4 min
Total Time: 70 min

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

Ingredients:

- 3 pieces pork chops about 6 ounces each, thick cut
- 1 large yellow onion sliced
- 2 teaspoons minced garlic
- 1 tablespoon all purpose flour
- 1 1/4 cups beef broth
- 1/4 cup heavy cream
- 1/2 cup water
- 1 teaspoon garlic powder
- salt
- pepper
- 1 tablespoon unsalted butter
- 2 tablespoons cooking oil

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 30 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 6 grams
8. Sodium: 450 milligrams
9. Sugar: 1 grams

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