

Southern Style Smothered Pork Chops (recipe source)

Yield: 4 min
Total Time: 80 min

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

Ingredients:

- 3/4 cup all purpose flour
- pepper
- salt
- 6 pork loin chops bone-in, 3/4-inch thick and 8 ounces each
- 2 tablespoons oil plus more for frying as needed
- 10 3/4 ounces condensed cream of mushroom soup
- 1 cup sour cream divided
- 2/3 cup chicken broth
- 1/2 teaspoon ground ginger
- 1/4 teaspoon dried rosemary crushed
- 2 3/4 ounces french fried onions divided

Nutrition:

1. Calories: 830 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 195 milligrams
4. Fat: 43 grams
5. Fiber: 2 grams
6. Protein: 78 grams
7. SaturatedFat: 13 grams
8. Sodium: 1590 milligrams
9. Sugar: 3 grams

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