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## Smothered Pork Chops with Mushrooms ••

Smothered Pork Chops with Mushrooms is a delicious and hearty dish that is perfect for a comforting dinner. The pork chops are seared to perfection and then smothered in a savory mushroom gravy. Serve it with mashed potatoes or rice for a complete meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|       |            |
|-------|------------|
| 500 g | pork chops |
| 200 g | Mushrooms  |
| 30 g  | flour      |
| 30 g  | butter     |

|             |               |
|-------------|---------------|
| 100 g       | onion         |
| 2<br>cloves | garlic        |
| 250 ml      | chicken broth |
| 120 ml      | heavy cream   |
| 1 tsp       | salt          |
| 0.5 tsp     | black pepper  |
| 0.5 tsp     | paprika       |
| 0.5 tsp     | thyme         |

## Directions

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### Step 1

Season the pork chops with salt, black pepper, and paprika.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

Stove

Heat butter in a skillet over medium-high heat. Sear the pork chops on both sides until browned. Remove from the skillet and set aside.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 3

Stove

In the same skillet, add onions and garlic. Cook until onions are translucent.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 4

Stove

Add mushrooms and cook until they release their moisture and start to brown.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 5

Stove

Add flour to the skillet and cook for 1 minute, stirring constantly.

**Prep Time:** 1 mins

**Cook Time:** 1 mins

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### Step 6

Stove

Slowly pour in the chicken broth while stirring. Bring to a simmer and cook until the sauce thickens.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 7

Stove

Stir in the heavy cream and thyme. Return the pork chops to the skillet and cook for another 5 minutes, or until the pork chops are cooked through.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 8

Serve the smothered pork chops with mushrooms hot with mashed potatoes or rice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 360 kcal

**Fat:** 30 g

**Protein:** 20 g

**Carbohydrates:** 8 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 20 g  | 117.65%                | 117.65%                  |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 8 g   | 14.55%                 | 16%                      |
| Fibers        | 1 g   | 2.63%                  | 4%                       |
| Sugars        | 2 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

### Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 12 g  | N/A                    | N/A                      |

| Nutrient      | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|--------|------------------------|--------------------------|
| Saturated Fat | 15 g   | 68.18%                 | 88.24%                   |
| Fat           | 30 g   | 107.14%                | 120%                     |
| Cholesterol   | 100 mg | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A   | 10 iu  | 1.11%                  | 1.43%                    |
| Vitamin C   | 4 mg   | 4.44%                  | 5.33%                    |
| Vitamin B6  | 10 mg  | 769.23%                | 769.23%                  |
| Vitamin B12 | 20 mcg | 833.33%                | 833.33%                  |
| Vitamin E   | 8 mg   | 53.33%                 | 53.33%                   |
| Vitamin D   | 2 mcg  | 13.33%                 | 13.33%                   |

## Minerals

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium    | 600 mg | 26.09%                 | 26.09%                   |
| Calcium   | 6 mg   | 0.6%                   | 0.6%                     |
| Iron      | 10 mg  | 125%                   | 55.56%                   |
| Potassium | 400 mg | 11.76%                 | 15.38%                   |

| Nutrient | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Zinc     | 15 mg  | 136.36%                | 187.5%                   |
| Selenium | 30 mcg | 54.55%                 | 54.55%                   |

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

### Course

Side Dishes

Drinks

Salads

Snacks

### Cultural

Chinese New Year

Ramadan

Halloween

### Cost

\$10 to \$20

\$30 to \$40

**Difficulty Level**

Medium

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