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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 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

## Step 1

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

Prep Time: 5 mins

Cook Time: 10 mins

## 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

### Step 3

Stove

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

Prep Time: 5 mins

Cook Time: 5 mins

## Step 4



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

Prep Time: 5 mins

Cook Time: 5 mins

### Step 5

Stove

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

Prep Time: 1 mins

Cook Time: 1 mins

#### 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

### Step 7



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

## Step 8

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

Prep Time: 0 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 360 kcal

Fat: 30 g

Protein: 20 g

Carbohydrates: 8g

## **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

Kitc	nen	00	S

Slow Cooker Blender

#### **Nutritional Content**

Low Calorie

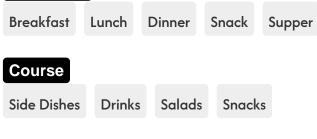
#### Cuisines

Italian

#### Diet

Anti-Inflammatory Diet

### Meal Type



#### Cultural

Chinese New Year Ramadan Halloween

### Cost

\$10 to \$20 \$30 to \$40

## Difficulty Level

Medium

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