

CREAMY GARLIC PARMESAN PORK SHOPS

- 1.5 lb center cut boneless pork chops
- 1/2 medium onion sliced
- 2 garlic cloves minced
- 2 tablespoons olive oil
- 1 cup heavy whipping cream
- 1 oz cream cheese
- 1/3 cup chicken broth
- 1/3 cup parmesan cheese
- 1/2 cup cheddar cheese
- 1 tablespoon Italian seasoning
- 1/2 teaspoon pepper
- salt to taste

Instructions

1. Brown pork chops, onion, and garlic cloves in 2 tablespoons olive oil in a large skillet on medium/high (approx 3-5 minutes each side).
2. Remove pork chops from skillet.
3. Add the rest of the ingredients, and cook on medium until sauce thickens. Make sure to use a whisk and stir continuously.
4. Add pork chops back to sauce mixture and simmer on low for 5 minutes or until done.
5. Serve!

Nutrition

Calories: 438kcal | Carbohydrates: 2.7g | Protein: 30g | Fat: 33g | Saturated Fat: 16g | Cholesterol: 149mg | Sodium: 280mg | Potassium: 502mg | Fiber: 0.2g | Vitamin A: 16% | Vitamin C: 2.6% | Calcium: 18.9% | Iron: 5.5%

Gluten-Free/Keto Friendly

Visit 360fit.biz for more recipes & look for me on facebook @360fit.julia