



# Healthy Food for Kids

11

Tasty, Cost-Effective, and Nutritious Recipes!

## Pan Fried Pork Chops



# Ingredients



### Ingredients Not Likely At Home

Ingredient	Brand	Price per unit	Store
4 boneless pork chops	Natural and Fresh Boneless Center Cut Chops	\$7.25/4 pieces	Ralphs
2 tablespoons unsalted butter	Good and Gather Unsalted Butter	\$3.19/lb. (4 sticks)	Target

### Ingredients Likely At Home

2 teaspoons salt	Morton Iodized Salt	\$0.87/26 oz.	Target
1/2 teaspoon ground black pepper	McCormick Pure Ground Black Pepper	\$5.69/6 oz.	Target
1/4 cup all-purpose flour	Gold Medal All Purpose Flour	\$2.99/5 lbs.	Ralphs

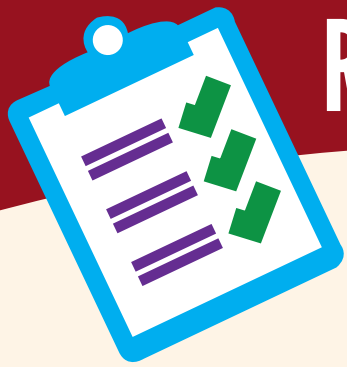
Cost of Ingredients Not Likely at Home:

**\$10.44 (Total); \$2.61 (per serving)**

Cost of Ingredients Not Likely at Home + Likely at Home:

**\$19.99 (Total); \$5.00 (per serving)**

# Recipe



**Prep Time:**  
5 min  
**Cook Time:**  
20 min

1.

- Place flour in a shallow dish
- Season pork chops on both sides with salt, pepper, and any other spice you may wish to add
- Dredge pork chops in flour and shake of the excess

2.

- Melt 2 tablespoons of butter in a large, heavy skillet over medium-high heat
- Add chops to the hot skillet and cook until browned on both sides (about 7-10 minutes on each side of larger chops and 5-6 for smaller ones)

3.

- Transfer pork chops to a plate and cover with aluminum foil so that it rests for 5-10 minutes
- Can serve with a side of sliced avocados for an extra potassium boost!



## Nutrition Facts

4 servings per recipe

**Serving size**

1 pork chop

**Amount per serving**

**Calories**

**484.4**

**% Daily Value\***

**Total Fat** 12.3g **19%**

Saturated Fat 6.1g **31%**

*Trans Fat* 0.3g

**Cholesterol** 113.2mg **38%**

**Sodium** 1303.3mg **54%**

**Total Carbohydrates** 41.8g **14%**

Dietary Fiber 1.8g **7%**

Total Sugars 0g

Includes 1.7g Added Sugars **3.4%**

**Protein** 49g **98%**

Vitamin D 0.73mcg **7.3%**

Calcium 15.07mg **1.5%**

Iron 3.27mg **18.2%**

Potassium 559.57mg **16%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

A graphic of a spotlight with a yellow beam shining down on the text.

# Nutrition Spotlight

## Mineral - Potassium

---

You have probably heard that if you have cramps you should eat a banana. This is because of potassium! Potassium is an important mineral that we need to consume everyday in order to maintain electrolyte balance, proper muscle contractions, and nerve signals. Because potassium can help our muscle movement, including our heart, it can relieve cramps when we exercise; however, it can do so much more. Potassium works hand-in-hand with another mineral, sodium, to maintain our blood pressure, but we tend to consume more sodium than potassium. This can lead to an issue called hypertension, or high blood pressure. When we consume potassium, it allows for more sodium to leave our body which is why it can lower our blood pressure. However, when we are dealing with nutrients that can directly affect the heart, we should be even more careful to consume the right amount everyday.

If you are someone who does not like bananas, there is no need to worry! Potassium can be found in other fruits like squash, apricots, potatoes, and avacados as well as meat like salmon and pork. This meal focuses on pork as the main potassium source, but can be combined with a side of avacados to increase the amount even more. For children 4-8 years old, the recommended amount is 2,300mg everyday, and for children 9-13 years old, the recommended amount is 2,300-2,500mg everyday.

## Thank you for reading!

We hope this was helpful for you and your family! Please let us know if you have any suggestions by filling out this survey:

<https://forms.gle/rgpiHqRozEUdiNi38>

For more information, please refer below to the sources used to create the brochure!

Sources:

The recipe was adapted from The Seasoned Mom's recipe, found here:

<https://www.theseasonedmom.com/pan-fried-pork-chops/>

The 'nutrition facts' label was created by inputting ingredients into Cronometer and is only an approximation:

<https://cronometer.com/>

The information on Potassium was retrieved from:

<https://pubmed.ncbi.nlm.nih.gov/22074802/>

<https://www.heart.org/en/health-topics/high-blood-pressure/changes-you-can-make-to-manage-high-blood-pressure/how-potassium-can-help-control-high-blood-pressure>

<https://ods.od.nih.gov/factsheets/Potassium-HealthProfessional/>

*\*Nutrition label is only an approximation*

*\*\*We do not endorse any brands or stores nor are we sponsored by any brands or stores. Our suggestions for ingredients are based on research of local grocery store prices*

*\*\*\*If you have a medical emergency, please see a doctor. These diets are for a healthy individual, so if you have additional medical requirements or restrictions please consult a doctor*