



Asiago-Crusted Pork Chops

READY IN



14 min.

SERVINGS



4

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ounce asiago cheese grated
- ☐ 0.3 teaspoon pepper black
- ☐ 1 egg white lightly beaten
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 4 lemon wedges
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 16 ounce center-cut loin pork chops boneless
- ☐ 0.3 teaspoon salt

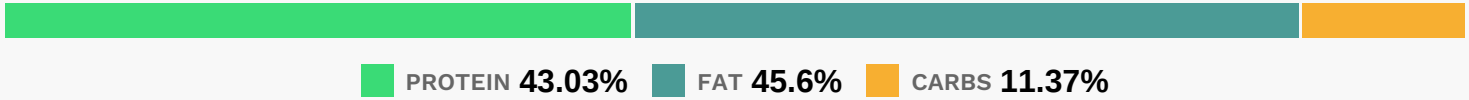
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Place pork between 2 sheets of plastic wrap; pound to an even thickness (about 1/4 inch) using a meat mallet or a small heavy skillet.
- ☐ Place egg white in a shallow dish.
- ☐ Combine panko, cheese, salt, and pepper in a shallow dish. Dip pork in egg white; dredge in panko mixture, pressing gently with fingers to coat.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add pork; cook 3 to 4 minutes on each side or until lightly browned. Squeeze 1 lemon wedge over each pork chop; sprinkle each evenly with thyme.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:0.42, Inflammation Score:-8, Nutrition Score:16.54565206818%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 274.56kcal (13.73%), Fat: 13.69g (21.05%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 7.68g (2.56%), Net Carbohydrates: 6.67g (2.43%), Sugar: 1.03g (1.14%), Cholesterol: 80.8mg (26.93%), Sodium: 381.21mg (16.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.06g (58.11%), Selenium: 42.6µg (60.85%), Vitamin B1: 0.84mg

(55.98%), Vitamin B3: 9.62mg (48.1%), Vitamin B6: 0.86mg (42.87%), Phosphorus: 323.1mg (32.31%), Vitamin B2: 0.31mg (17.94%), Potassium: 489.08mg (13.97%), Zinc: 2.09mg (13.96%), Vitamin C: 11.14mg (13.5%), Vitamin B12: 0.72µg (11.98%), Calcium: 115.51mg (11.55%), Magnesium: 39.91mg (9.98%), Vitamin B5: 0.95mg (9.52%), Iron: 1.31mg (7.27%), Manganese: 0.12mg (5.9%), Copper: 0.1mg (5.03%), Vitamin E: 0.7mg (4.68%), Fiber: 1.01g (4.05%), Vitamin D: 0.49µg (3.26%), Folate: 11.27µg (2.82%), Vitamin K: 2.93µg (2.79%), Vitamin A: 112.04IU (2.24%)