



WHATSheATE



Baked Pork Chops with Parmesan-Sage Crust

READY IN



45 min.

SERVINGS



4

CALORIES



718 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour
- ☐ 1.5 cups bread fresh french crustless
- ☐ 2 tablespoons butter ()
- ☐ 1 tablespoon rubbed sage dried
- ☐ 2 large eggs
- ☐ 1 teaspoon lemon zest grated
- ☐ 2 tablespoons olive oil
- ☐ 3 ounces parmesan cheese freshly grated
- ☐ 4 pork loin chops bone-in (each)

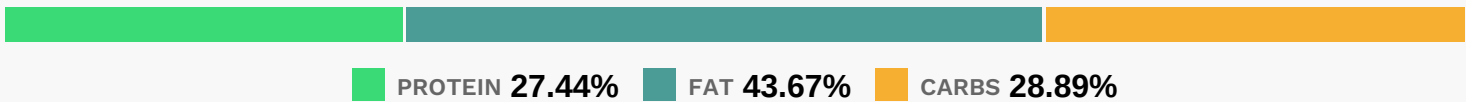
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer
- ☐ pie form

Directions

- ☐ Preheat oven to 425°F.
- ☐ Mix breadcrumbs, cheese, sage and lemon peel in pie dish.
- ☐ Whisk eggs in medium bowl to blend.
- ☐ Place flour on plate; season generously with salt and pepper. Coat pork chops on both sides with flour; shake off excess. Dip chops into eggs, then coat on both sides with breadcrumb mixture.
- ☐ Melt butter with oil in heavy large ovenproof skillet over medium-high heat.
- ☐ Add pork chops to skillet and cook until golden brown, about 2 minutes per side.
- ☐ Transfer skillet with pork to oven.
- ☐ Bake until pork chops are crisp on the outside and meat thermometer inserted into pork registers 150°F, about 20 minutes.
- ☐ Transfer pork chops to plates.
- ☐ Garnish with lemon wedges and orange wedges, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:45.92, Glycemic Load:26.96, Inflammation Score:-7, Nutrition Score:33.325652309086%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 718.38kcal (35.92%), Fat: 34.47g (53.03%), Saturated Fat: 12.59g (78.69%), Carbohydrates: 51.31g (17.1%), Net Carbohydrates: 47.29g (17.2%), Sugar: 5.25g (5.83%), Cholesterol: 216.33mg (72.11%), Sodium: 936.95mg (40.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.74g (97.48%), Selenium: 87.76µg (125.38%), Vitamin B1: 1.34mg (89.33%), Vitamin B3: 16.19mg (80.97%), Phosphorus: 612.22mg (61.22%), Manganese: 1.16mg (58.05%), Vitamin B6: 1.15mg (57.45%), Vitamin B2: 0.7mg (41.3%), Calcium: 334.09mg (33.41%), Zinc: 4.33mg (28.86%), Iron: 4.94mg (27.47%), Folate: 104.38µg (26.1%), Vitamin B5: 2.2mg (21.98%), Magnesium: 85.73mg (21.43%), Vitamin B12: 1.23µg (20.53%), Potassium: 714.8mg (20.42%), Vitamin K: 18.08µg (17.22%), Fiber: 4.01g (16.06%), Vitamin E: 1.93mg (12.85%), Copper: 0.25mg (12.42%), Vitamin A: 530.73IU (10.61%), Vitamin D: 1.14µg (7.62%), Vitamin C: 0.98mg (1.19%)