



Barbecue Pork Chops



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 oz potato chips
- ☐ 1 eggs beaten
- ☐ 2 tablespoons barbecue sauce
- ☐ 1.5 lb pork loin boneless
- ☐ 1 tablespoon vegetable oil
- ☐ 0.8 cup barbecue sauce
- ☐ 0.5 cup frangelico

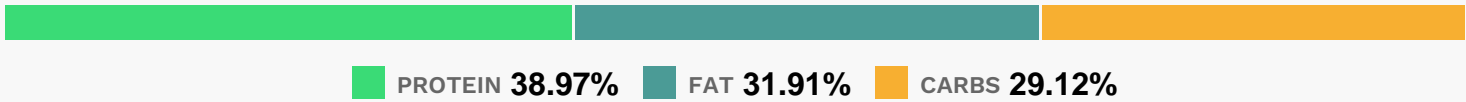
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ rolling pin

Directions

- ☐ Place potato chips in 1-gallon resealable plastic food-storage bag; crush with rolling pin.
- ☐ Add Bisquick mix to chips; mix well.
- ☐ In small shallow dish, mix egg and 2 tablespoons barbecue sauce. Dip pork chops into egg mixture, then shake in bag to coat with Bisquick mixture.
- ☐ In 12-inch nonstick skillet, heat oil over medium-low heat. Cook pork chops in oil 15 to 18 minutes, turning once, until golden brown and pork is no longer pink in center.
- ☐ Serve with 3/4 cup barbecue sauce.
- ☐ To Freeze and
- ☐ Bake: Coat pork chops as directed, but do not cook. Wrap each pork chop in heavy-duty foil. Freeze up to 2 months.
- ☐ Place in refrigerator 8 hours or overnight until thawed. Cook as directed.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:14.049565310064%

Nutrients (% of daily need)

Calories: 283.15kcal (14.16%), Fat: 9.84g (15.14%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 19.64g (7.14%), Sugar: 13.85g (15.39%), Cholesterol: 98.72mg (32.91%), Sodium: 525.41mg (22.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.03g (54.06%), Selenium: 34.35µg (49.07%), Vitamin B6: 0.93mg (46.56%), Vitamin B3: 7.05mg (35.25%), Vitamin B1: 0.53mg (35.16%), Phosphorus: 287.02mg (28.7%), Potassium: 601.58mg (17.19%), Vitamin B2: 0.27mg (16.12%), Zinc: 2.27mg (15.14%), Vitamin B5: 1.28mg (12.82%), Vitamin B12: 0.64µg (10.73%), Magnesium: 39.49mg (9.87%), Vitamin E: 1.36mg (9.04%), Iron: 1.08mg (6.02%), Vitamin K: 6.24µg (5.95%), Copper: 0.11mg (5.74%), Manganese: 0.1mg (5.08%), Vitamin D: 0.6µg (4%), Vitamin A: 132.75IU (2.65%), Calcium: 24.74mg (2.47%), Fiber: 0.56g (2.23%), Vitamin C: 1.53mg (1.85%), Folate: 5.99µg (1.5%)