

DINNER

Becca's Chicken-Fried Pork Chops

16 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	20 min	15 min	4	\$1.46	758 kcal



Becca's Chicken-Fried Pork Chops might be just the main course you are searching for. One serving contains 758 calories, 17g of protein, and 30g of fat. This recipe serves 4. For \$1.46 per serving, this recipe covers 24% of your daily requirements of vitamins and minerals. 17 people were impressed b...

Ingredients

- ☐ 2 eggs

☐ ½ teaspoon garlic powder

☐ ½ cup milk

☐ ½ cup dry potato flakes

☐ 16 ounce 1/2 package saltine crackers, crushed
- ☐ ½ cup all-purpose flour

☐ 1½ teaspoons ground paprika

☐ 3 inch thick pork chops

☐ 4 servings salt and pepper to taste

☐ 1½ cups vegetable oil for frying

EQUIPMENT Bowl, Frying pan, Paper towels, Whisk

Method

- 1 In a shallow bowl, mix 1 1/2 cup of flour, paprika, and garlic powder. In a second shallow bowl, whisk together the eggs and milk until thoroughly blended. In a third bowl, combine the crushed cracker crumbs, potato flakes, and 1/2 cup of flour.
- 2 With a fork, prick the pork chops thoroughly to tenderize the meat. Season the chops with salt and pepper.
- 3 Gently press the pork chops into the flour to coat, and shake off the excess flour. Dip into the beaten egg mixture, then press each chop into the cracker crumb mixture. Gently toss between your hands so any crumbs that haven't stuck can fall away
- 4 Heat the oil in a large, deep skillet over medium heat, and gently place the pork chops into the hot oil. Fry the chops until the meat is no longer pink in the center and the crust is crisp and golden brown, about 5 minutes per side.
- 5 Remove the chops from the pan, and drain the excess oil on paper towels.

Nutrition per serving

758	17 g	30 g	104 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.7 g · 36% of daily needs
Fibre			4.4 g · 18% of daily needs
Sugar			3.4 g · 4% of daily needs
Sodium			1,313 mg · 57% of daily needs
Cholesterol			86.8 mg · 29% of daily needs
Vitamin C			6.1 mg · 7% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/beccas-chicken-fried-pork-chops-142983