



## Becca's Chicken-Fried Pork Chops

READY IN



35 min.

SERVINGS



4

CALORIES



758 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 eggs
- 0.5 cup flour all-purpose
- 0.5 teaspoon garlic powder
- 1.5 teaspoons paprika
- 0.5 cup milk
- 3 inch pork chops thick
- 0.5 cup potatoes dry
- 4 servings salt and pepper to taste
- 16 ounce saltines crushed

- 1.5 cups vegetable oil for frying

## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- 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.
- With a fork, prick the pork chops thoroughly to tenderize the meat. Season the chops with salt and pepper.
- 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
- 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.
- Remove the chops from the pan, and drain the excess oil on paper towels.

## Nutrition Facts



## Properties

Glycemic Index:33.25, Glycemic Load:9.2, Inflammation Score:-8, Nutrition Score:24.719999914584%

## Nutrients (% of daily need)

Calories: 758.03kcal (37.9%), Fat: 29.63g (45.59%), Saturated Fat: 5.72g (35.76%), Carbohydrates: 104.19g (34.73%), Net Carbohydrates: 99.8g (36.29%), Sugar: 3.39g (3.77%), Cholesterol: 86.78mg (28.93%), Sodium: 1313.46mg (57.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.64%), Vitamin B1: 1.04mg (69.03%), Vitamin K: 60.33µg (57.46%), Manganese: 1.09mg (54.63%), Folate: 194.88µg (48.72%), Vitamin B2:

0.79mg (46.68%), Vitamin B3: 8.97mg (44.87%), Iron: 7.71mg (42.84%), Selenium: 26.08µg (37.26%), Phosphorus: 226.82mg (22.68%), Vitamin E: 3.12mg (20.82%), Fiber: 4.39g (17.55%), Vitamin B6: 0.25mg (12.63%), Vitamin B5: 1.25mg (12.49%), Copper: 0.22mg (10.85%), Vitamin A: 539.65IU (10.79%), Potassium: 376.26mg (10.75%), Magnesium: 42.89mg (10.72%), Zinc: 1.43mg (9.51%), Vitamin B12: 0.47µg (7.88%), Calcium: 78.02mg (7.8%), Vitamin C: 6.09mg (7.38%), Vitamin D: 0.78µg (5.22%)