

Breaded Center Cut Pork Chops

 Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



1621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon dill dried
- 1 tablespoon parsley dried
- 6 eggs
- 2 cups flour all-purpose
- 1 teaspoon garlic powder
- 1 teaspoon lemon pepper
- 0.1 cup milk
- 36 servings pork chops (3/)

- 2 cups seasoned bread crumbs
- 1 teaspoon seasoning italian-style

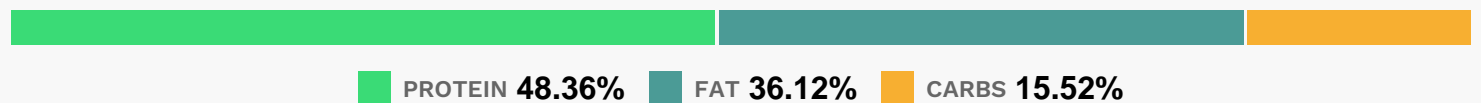
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place the flour in a bowl.
- Combine the eggs and milk in a separate bowl, mixing together well, and then place the bread crumbs in another separate bowl. To the bread crumbs stir in the lemon pepper, parsley, garlic powder, dill and Italian-style seasoning.
- Dip each chop into the flour, shaking off any excess flour, then dip into the egg/milk mixture, and, finally, dredge each chop liberally in the bread crumbs.
- Lay the chops into a lightly greased 9x13 inch baking dish and pour water as needed into the dish, enough to just cover the bottom.
- Bake for 40 minutes, then reduce heat to 325 degrees F (165 degrees C) for 20 more minutes.

Nutrition Facts



Properties

Glycemic Index:25.83, Glycemic Load:23.15, Inflammation Score:-9, Nutrition Score:54.910434800646%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg

Nutrients (% of daily need)

Calories: 1621.49kcal (81.07%), Fat: 62.79g (96.61%), Saturated Fat: 21.81g (136.29%), Carbohydrates: 60.74g (20.25%), Net Carbohydrates: 57.29g (20.83%), Sugar: 2.87g (3.19%), Cholesterol: 703.37mg (234.46%), Sodium: 987.61mg (42.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 189.17g (378.35%), Selenium: 303.93µg (434.19%), Vitamin B1: 6.1mg (406.57%), Vitamin B3: 69.24mg (346.22%), Vitamin B6: 6.02mg (300.91%), Phosphorus: 2029.86mg (202.99%), Vitamin B2: 2.08mg (122.26%), Zinc: 13.96mg (93.08%), Potassium: 3229.16mg (92.26%), Vitamin B12: 4.82µg (80.34%), Vitamin B5: 6.99mg (69.85%), Magnesium: 245.87mg (61.47%), Iron: 8.97mg (49.82%), Manganese: 0.85mg (42.25%), Folate: 146.21µg (36.55%), Copper: 0.65mg (32.58%), Vitamin D: 4.15µg (27.68%), Vitamin K: 25.82µg (24.59%), Calcium: 177.96mg (17.8%), Fiber: 3.45g (13.8%), Vitamin E: 1.74mg (11.58%), Vitamin A: 371.59IU (7.43%), Vitamin C: 1.53mg (1.86%)