



Breaded Fried Pork Chops with Mixed Greens

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup salsa green
- 0.3 cup real mayo mayonnaise divided kraft
- 1 Tbsp heinz mustard yellow
- 2 Tbsp oil divided
- 1.5 lb pork chops boneless
- 35 ritz crackers crushed finely
- 7 oz torn salad greens mixed

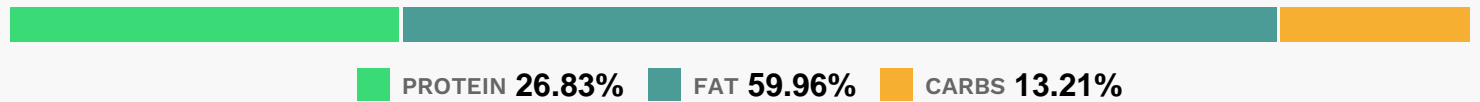
Equipment

frying pan

Directions

- Mix salsa, mustard and 1 Tbsp. mayo until blended.
- Spread chops with remaining mayo, then coat with cracker crumbs, turning to evenly coat both sides of each chop.
- Heat 1 Tbsp. oil in medium nonstick skillet on medium heat.
- Add chops, in batches; cook 3 min. on each side or until done (145F).
- Remove from skillet. Cover; let stand 3 min.
- Toss greens with salsa mixture.
- Serve with chops.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:17.999565373296%

Nutrients (% of daily need)

Calories: 398.99kcal (19.95%), Fat: 26.16g (40.25%), Saturated Fat: 5.54g (34.63%), Carbohydrates: 12.97g (4.32%), Net Carbohydrates: 12.46g (4.53%), Sugar: 2.12g (2.35%), Cholesterol: 81.2mg (27.07%), Sodium: 391.61mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.68%), Vitamin B1: 0.85mg (56.64%), Selenium: 39.61µg (56.58%), Vitamin B3: 10.11mg (50.54%), Vitamin B6: 0.86mg (43.15%), Phosphorus: 322.27mg (32.23%), Vitamin K: 32.4µg (30.86%), Vitamin B2: 0.28mg (16.28%), Potassium: 526.04mg (15.03%), Vitamin E: 1.99mg (13.28%), Zinc: 1.97mg (13.12%), Vitamin B12: 0.62µg (10.27%), Vitamin C: 8.04mg (9.75%), Vitamin B5: 0.96mg (9.58%), Magnesium: 37.77mg (9.44%), Iron: 1.62mg (9.02%), Vitamin A: 448.98IU (8.98%), Manganese: 0.16mg (8.12%), Folate: 25.63µg (6.41%), Copper: 0.11mg (5.3%), Calcium: 41.76mg (4.18%), Vitamin D: 0.48µg (3.19%), Fiber: 0.51g (2.04%)