



Breaded Pork Chops

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup saltines crushed
- 1 teaspoon lawry's seasoned salt
- 0.3 teaspoon pepper
- 1 eggs
- 2 tablespoons water
- 2 lb pork loin boneless
- 4 teaspoons vegetable oil
- 0.5 cup frangelico

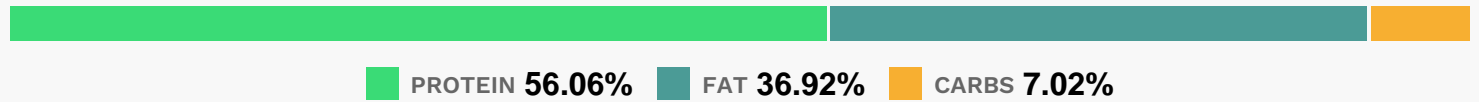
Equipment

frying pan

Directions

- In shallow dish, mix Bisquick mix, cracker crumbs, seasoned salt and pepper. In another shallow dish, beat egg and water with fork
- Dip pork into egg mixture, then coat with Bisquick mixture.
- In 12-inch nonstick skillet, heat oil over medium-high heat.
- Add pork; cook 8 to 10 minutes, turning once, until no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:12.439130386581%

Nutrients (% of daily need)

Calories: 195.88kcal (9.79%), Fat: 7.76g (11.93%), Saturated Fat: 2g (12.52%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 3.18g (1.16%), Sugar: 0.08g (0.09%), Cholesterol: 91.9mg (30.63%), Sodium: 395.43mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (53.01%), Selenium: 33.55µg (47.93%), Vitamin B6: 0.87mg (43.47%), Vitamin B1: 0.54mg (35.69%), Vitamin B3: 6.8mg (34.01%), Phosphorus: 270.6mg (27.06%), Vitamin B2: 0.26mg (15.21%), Zinc: 2.14mg (14.29%), Potassium: 439.24mg (12.55%), Vitamin B12: 0.63µg (10.52%), Vitamin B5: 0.95mg (9.51%), Magnesium: 31.3mg (7.83%), Iron: 0.96mg (5.34%), Vitamin K: 5.37µg (5.11%), Copper: 0.08mg (3.87%), Vitamin D: 0.56µg (3.76%), Vitamin E: 0.44mg (2.93%), Manganese: 0.05mg (2.74%), Folate: 8.46µg (2.11%), Calcium: 10.15mg (1.02%)