



# Breaded Pork Chops

 Very Healthy

READY IN



20 min.

SERVINGS



6

CALORIES



3073 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup canola oil
- 1 eggs lightly beaten
- 0.5 cup milk 2%
- 6 pork loin boneless ( and 4 ounces each)
- 1.5 cups saltines crushed

## Equipment

- bowl
- frying pan

kitchen thermometer

## Directions

In a shallow bowl, combine egg and milk.

Place cracker crumbs in another shallow bowl. Dip each pork chop in egg mixture, then coat with cracker crumbs, patting to make a thick coating.

In a large skillet, cook chops in oil for 4–5 minutes on each side or until a thermometer reads 145°.

Let meat stand for 5 minutes before serving.

## Nutrition Facts

 **PROTEIN 67.21%** **FAT 30.89%** **CARBS 1.9%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:59.941739146638%

## Nutrients (% of daily need)

Calories: 3073.38kcal (153.67%), Fat: 101.05g (155.46%), Saturated Fat: 28.85g (180.29%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.46g (4.89%), Sugar: 1.25g (1.39%), Cholesterol: 1411.7mg (470.57%), Sodium: 1259.88mg (54.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 494.69g (989.38%), Selenium: 612.56µg (875.09%), Vitamin B6: 16.61mg (830.36%), Vitamin B1: 9.86mg (657.15%), Vitamin B3: 127.25mg (636.27%), Phosphorus: 4989.21mg (498.92%), Zinc: 39.82mg (265.46%), Vitamin B2: 4.26mg (250.57%), Potassium: 8273.55mg (236.39%), Vitamin B12: 11.38µg (189.66%), Vitamin B5: 16.62mg (166.18%), Magnesium: 577.77mg (144.44%), Iron: 12.96mg (72%), Copper: 1.3mg (65.19%), Vitamin D: 8.93µg (59.51%), Vitamin E: 4.77mg (31.81%), Manganese: 0.31mg (15.26%), Calcium: 140.78mg (14.08%), Vitamin K: 11.16µg (10.63%), Folate: 27.88µg (6.97%), Fiber: 0.49g (1.96%), Vitamin A: 59.83IU (1.2%)