



Bruschetta Pork Chops

READY IN



30 min.

SERVINGS



30

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 0.7 cup olive oil vinaigrettes - balsamic divided kraft
- 2 Tbsp olive oil
- 1 cup panko bread crumbs
- 1.5 lb pork chops boneless
- 1.5 cups classico tomato and basil pasta sauce

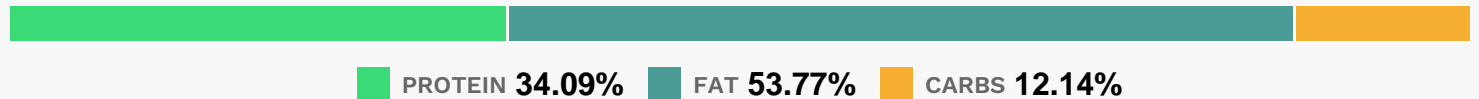
Equipment

- frying pan

Directions

- Pour half the vinaigrette into pie plate; place bread crumbs in separate pie plate. Dip chops, 1 at a time, in vinaigrette, then in crumbs, turning to evenly coat both sides of each chop with each ingredient.
- Heat oil in large skillet on medium heat.
- Add chops; cook 6 to 8 min. on each side or until evenly browned on both sides. Meanwhile, mix pasta sauce and remaining vinaigrette until blended.
- Pour pasta sauce mixture over chops; simmer on medium-low heat 3 min. or until pasta sauce mixture is heated through and chops are done (145F).
- Top with cheese; cover. Cook 1 min. or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.4665217088616%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 73.77kcal (3.69%), Fat: 4.32g (6.64%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.62g (0.68%), Cholesterol: 17.58mg (5.86%), Sodium: 72.17mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.16g (12.32%), Selenium: 8.55µg (12.21%), Vitamin B1: 0.17mg (11.42%), Vitamin B3: 1.95mg (9.74%), Vitamin B6: 0.17mg (8.48%), Phosphorus: 71.84mg (7.18%), Calcium: 36.46mg (3.65%), Vitamin B2: 0.06mg (3.61%), Zinc: 0.48mg (3.22%), Potassium: 111.67mg (3.19%), Vitamin B12: 0.16µg (2.63%), Vitamin E: 0.31mg (2.06%), Magnesium: 7.62mg (1.9%), Vitamin B5: 0.18mg (1.79%), Iron: 0.27mg (1.47%), Vitamin K: 1.33µg (1.27%), Fiber: 0.29g (1.16%), Vitamin A: 56.36IU (1.13%), Manganese: 0.02mg (1.02%)