



Cajun Pecan Pork

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup nonfat buttermilk
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 0.5 cup pecan halves toasted
- ☐ 24 ounce pork loin chops boneless lean
- ☐ 0.3 teaspoon salt

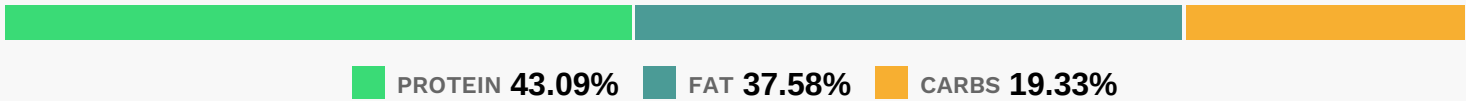
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Process first 6 ingredients in a blender until pecans are finely chopped.
- ☐ Dredge pork chops in flour. Dip in buttermilk; dredge in pecan mixture. Chill 1 hour.
- ☐ Arrange pork on a rack coated with cooking spray.
- ☐ Place rack in a 13- x 9-inch pan. Coat pork evenly with cooking spray.
- ☐ Bake at 425 for 15 minutes. Turn pork, and coat evenly with cooking spray.
- ☐ Bake 5 more minutes or until done.

Nutrition Facts



Properties

Glycemic Index:22.83, Glycemic Load:2.92, Inflammation Score:-4, Nutrition Score:15.520434875851%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 269.65kcal (13.48%), Fat: 11.11g (17.09%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 12.86g (4.29%), Net Carbohydrates: 11.41g (4.15%), Sugar: 1.91g (2.13%), Cholesterol: 71.84mg (23.95%), Sodium: 236.74mg (10.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.33%), Selenium: 35.78µg (51.11%), Vitamin B1: 0.69mg (45.71%), Vitamin B6: 0.89mg (44.66%), Vitamin B3: 7.54mg (37.72%), Phosphorus: 299.36mg (29.94%), Manganese: 0.51mg (25.31%), Zinc: 2.59mg (17.29%), Vitamin B2: 0.29mg (16.94%), Potassium: 487.7mg (13.93%), Magnesium: 45.13mg (11.28%), Vitamin B12: 0.61µg (10.16%), Vitamin B5: 0.99mg (9.93%), Copper: 0.2mg (9.87%),

Iron: 1.57mg (8.73%), Fiber: 1.45g (5.82%), Folate: 21.34µg (5.34%), Calcium: 33.15mg (3.32%), Vitamin D: 0.45µg (3.02%), Vitamin A: 122.8IU (2.46%), Vitamin E: 0.36mg (2.41%), Vitamin K: 1.62µg (1.54%)