



Crispy Italian Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups arugula
- 24 oz pork chops bone-in
- 8 lemon wedges
- 0.3 cup onion red finely chopped
- 0.5 cup tuscan house dressing italian divided kraft
- 0.3 cup tomatoes finely chopped
- 1 pouch shake 'n bake seasoned coating mix italian
- 1 pouch shake 'n bake seasoned coating mix italian

Equipment

- oven
- baking pan
- ziploc bags
- rolling pin
- meat tenderizer

Directions

- Pound each pork chop with meat mallet, rolling pin or side of a can to 1/4-inch thickness.
- Place chops in large resealable plastic bag.
- Add 1/4 cup of the dressing; seal bag. Turn bag gently to coat chops evenly with dressing. Refrigerate 30 min. to 1 hour to marinate.
- Remove chops from marinade; discard bag and marinade.
- Preheat oven to 400F. Coat chops with coating mix as directed on package; discard any remaining coating mix.
- Place chops in 15x10x1-inch baking pan.
- Bake 20 to 25 min. or until cooked through (160F). Toss arugula with remaining 1/4 cup dressing; arrange on serving platter. Top with chops; sprinkle with tomato and onion.
- Serve with lemon wedges.

Nutrition Facts

 **PROTEIN 35.88%**  **FAT 52.52%**  **CARBS 11.6%**

Properties

Glycemic Index:30.63, Glycemic Load:1.03, Inflammation Score:-6, Nutrition Score:19.155652191328%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Isorhamnetin: 1.36mg,

Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg, Kaempferol: 7.06mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 308.49kcal (15.42%), Fat: 17.99g (27.67%), Saturated Fat: 4.72g (29.52%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 7.33g (2.66%), Sugar: 5.15g (5.72%), Cholesterol: 88.03mg (29.34%), Sodium: 368.84mg (16.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.64g (55.29%), Selenium: 43.96µg (62.8%), Vitamin B6: 0.97mg (48.54%), Vitamin B1: 0.66mg (43.72%), Vitamin B3: 8.65mg (43.23%), Vitamin K: 39.03µg (37.17%), Vitamin C: 24.21mg (29.35%), Phosphorus: 292.33mg (29.23%), Potassium: 622.4mg (17.78%), Zinc: 2.43mg (16.18%), Vitamin B2: 0.27mg (15.88%), Magnesium: 47.67mg (11.92%), Vitamin A: 578.52IU (11.57%), Vitamin B12: 0.68µg (11.27%), Vitamin B5: 1.07mg (10.75%), Iron: 1.43mg (7.97%), Calcium: 72.65mg (7.26%), Folate: 26.66µg (6.66%), Vitamin E: 0.99mg (6.59%), Fiber: 1.61g (6.44%), Copper: 0.12mg (6.19%), Manganese: 0.12mg (5.83%), Vitamin D: 0.64µg (4.25%)