



## Crispy Pork Chops

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 tsp ground ginger
- 1 pkt. shake 'n bake original pork seasoned coating mix
- 1 lb pork loin chops boneless
- 1 Tbsp sesame seed

## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 400F.
- Combine coating mix, sesame seed and ginger. Coat chops with coating mixture; place in single layer in baking dish.
- Bake 20 to 25 min. or until cooked through (160F).
- Serve with your favorite vegetables and hot cooked rice topped with PLANTERS Cashews.

## Nutrition Facts

**PROTEIN 62.26%** **FAT 36.13%** **CARBS 1.61%**

## Properties

Glycemic Index:8.75, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:12.743913025879%

## Nutrients (% of daily need)

Calories: 177.8kcal (8.89%), Fat: 6.9g (10.61%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.01g (0.02%), Cholesterol: 75.4mg (25.13%), Sodium: 58.95mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.74g (53.47%), Selenium: 33.66µg (48.09%), Vitamin B6: 0.9mg (44.82%), Vitamin B1: 0.56mg (37.37%), Vitamin B3: 6.88mg (34.38%), Phosphorus: 279.3mg (27.93%), Zinc: 2.34mg (15.63%), Vitamin B2: 0.23mg (13.58%), Potassium: 453.39mg (12.95%), Vitamin B12: 0.62µg (10.28%), Magnesium: 38.91mg (9.73%), Vitamin B5: 0.88mg (8.84%), Copper: 0.16mg (8.06%), Manganese: 0.14mg (6.94%), Iron: 1.03mg (5.74%), Vitamin D: 0.45µg (3.02%), Calcium: 28.63mg (2.86%), Fiber: 0.3g (1.19%), Vitamin E: 0.15mg (1.02%)