



Crunchy Pork Chops

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 6 tablespoons mayonnaise divided
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon paprika
- ☐ 4 pork chops boneless
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon sugar

☐

5 ounce melba toast

Equipment

☐

baking sheet

☐

oven

☐

wire rack

Directions

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Adjust the oven rack to the middle position and preheat the oven to 425 degrees Fahrenheit.2

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Place the Melba toasts, salt, garlic powder, onion powder, paprika, thyme, and sugar in a zip-top bag and seal.3 Pound the toasts to coarse crumbs, leaving some the size of small pebbles.4

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Add 2 tablespoons mayonnaise to the bag and work it into the crumb mixture.

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Transfer to a large plate.5 Working with one chop at a time, coat with 1 tablespoon mayonnaise using your fingers or the back of a spoon; coat thoroughly with Melba crumb mixture.6 Press on the crumbs on the chop to make sure they adhere; lay the chop on a wire rack set over a rimmed baking sheet.7

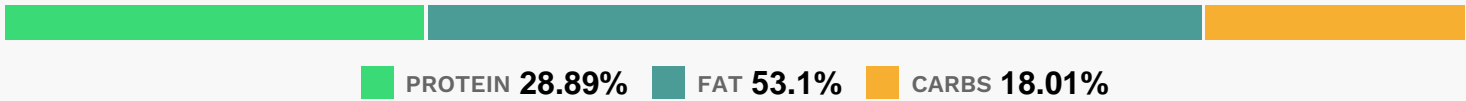
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Bake the pork chops on the wire rack until the coating is golden brown and the center registers 135 degrees, approximately 16 to 22 minutes.8

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Transfer the chops to a clean plate and let rest until the pork reaches an internal temperature of 145 to 150 degrees (5 to 10 minutes).

Nutrition Facts



Properties

Glycemic Index:35.02, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:20.959130490604%

Nutrients (% of daily need)

Calories: 457.96kcal (22.9%), Fat: 26.47g (40.73%), Saturated Fat: 5.96g (37.22%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 19.12g (6.95%), Sugar: 1.98g (2.2%), Cholesterol: 98.95mg (32.98%), Sodium: 698.79mg (30.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.4g (64.81%), Selenium: 55.97µg (79.96%), Vitamin

B1: 1.05mg (69.81%), Vitamin B3: 12.13mg (60.65%), Vitamin B6: 1.01mg (50.54%), Vitamin K: 37.79µg (35.99%), Phosphorus: 347.14mg (34.71%), Vitamin B2: 0.38mg (22.1%), Potassium: 564.16mg (16.12%), Zinc: 2.39mg (15.93%), Vitamin B12: 0.74µg (12.37%), Iron: 2.13mg (11.86%), Magnesium: 45.56mg (11.39%), Vitamin B5: 1.12mg (11.2%), Folate: 38.71µg (9.68%), Manganese: 0.18mg (9.08%), Vitamin E: 1.03mg (6.89%), Copper: 0.13mg (6.72%), Calcium: 57.6mg (5.76%), Fiber: 1.09g (4.36%), Vitamin D: 0.58µg (3.85%), Vitamin A: 146.9IU (2.94%)