



Dijon-Crusted Pork Chops (Oamc)

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 pork chops boneless bone-in (or , doesn't matter)
- ☐ 0.3 cup dijon mustard
- ☐ 1 cup seasoned bread crumbs italian
- ☐ 1 tablespoon worcestershire sauce

Equipment

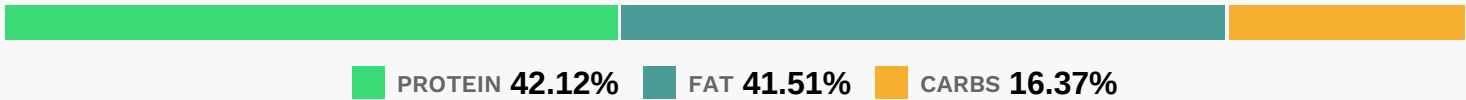
- ☐ bowl
- ☐ baking sheet
- ☐ aluminum foil

- ☐ broiler
- ☐ pastry brush
- ☐ broiler pan

Directions

- ☐ TO PREPARE:2
- ☐ Place bread crumbs in a shallow dish.3 In a bowl, combine Dijon mustard and Worecesterhire sauce. Then, using a pastry brush, coat each side of the chops with the Dijon mixture.4 Coat each side with the bread crumbs.5 On a cookie sheet, flash freeze in the freezer.6 When frozen solid, place in a freezer bag.7 TO SERVE:8 Thaw in refrigerator overnight.9 Preheat broiler.10
- ☐ Place desired amount of chops on a foil-covered broiler pan.11 Broil 3–5 inches from heat source for 10–12 minutes per side.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:22.405652051387%

Nutrients (% of daily need)

Calories: 375.37kcal (18.77%), Fat: 16.87g (25.95%), Saturated Fat: 5.39g (33.66%), Carbohydrates: 14.98g (4.99%), Net Carbohydrates: 13.4g (4.87%), Sugar: 1.63g (1.81%), Cholesterol: 117.15mg (39.05%), Sodium: 549.42mg (23.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.52g (77.03%), Selenium: 66.95µg (95.64%), Vitamin B1: 1.04mg (69.49%), Vitamin B3: 12.55mg (62.74%), Vitamin B6: 1.23mg (61.26%), Phosphorus: 406.3mg (40.63%), Vitamin B2: 0.42mg (24.48%), Zinc: 3.38mg (22.53%), Potassium: 671mg (19.17%), Vitamin B12: 0.97µg (16.14%), Magnesium: 58.58mg (14.65%), Vitamin B5: 1.36mg (13.59%), Iron: 2.42mg (13.46%), Manganese: 0.27mg (13.32%), Vitamin K: 9.44µg (8.99%), Copper: 0.17mg (8.57%), Calcium: 80.35mg (8.04%), Fiber: 1.57g (6.3%), Folate: 25µg (6.25%), Vitamin D: 0.85µg (5.65%), Vitamin E: 0.31mg (2.04%), Vitamin A: 60.83IU (1.22%), Vitamin C: 0.96mg (1.17%)