



Famous Pork Chops

READY IN



60 min.

SERVINGS



4

CALORIES



532 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 1 cup butter crackers crushed
- ☐ 3 eggs beaten
- ☐ 4 servings garlic salt to taste
- ☐ 4 servings ground pepper black to taste
- ☐ 4 pork chops

Equipment

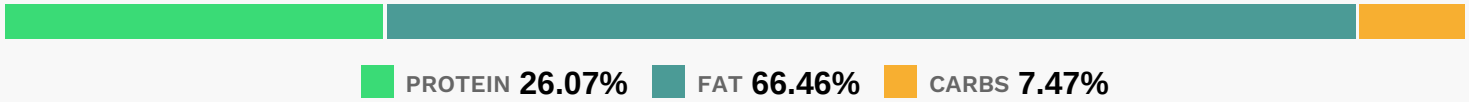
- ☐ bowl

- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ In a shallow bowl combine crushed crackers, garlic salt and pepper; mix well. In a separate bowl beat eggs.
- ☐ Dip your pork chops in the egg batter and then in the cracker mixture.
- ☐ Place the pork chops in a casserole dish.
- ☐ Place chunks of the butter around the pork chops. Cover and bake for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:20.958695784859%

Nutrients (% of daily need)

Calories: 532.39kcal (26.62%), Fat: 38.93g (59.9%), Saturated Fat: 19.72g (123.25%), Carbohydrates: 9.85g (3.28%), Net Carbohydrates: 9.47g (3.45%), Sugar: 1.36g (1.51%), Cholesterol: 273.55mg (91.18%), Sodium: 619.74mg (26.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.74%), Selenium: 55.46µg (79.23%), Vitamin B1: 0.97mg (64.99%), Vitamin B3: 11.47mg (57.37%), Vitamin B6: 1.04mg (51.95%), Phosphorus: 416.1mg (41.61%), Vitamin B2: 0.45mg (26.37%), Vitamin A: 893.2IU (17.86%), Vitamin B12: 1.05µg (17.54%), Zinc: 2.62mg (17.48%), Potassium: 571.39mg (16.33%), Vitamin B5: 1.57mg (15.68%), Vitamin E: 1.7mg (11.36%), Iron: 1.93mg (10.75%), Magnesium: 42.39mg (10.6%), Vitamin K: 9.75µg (9.28%), Vitamin D: 1.2µg (7.97%), Folate: 27.18µg (6.79%), Copper: 0.12mg (5.94%), Calcium: 58.33mg (5.83%), Manganese: 0.11mg (5.64%), Fiber: 0.37g (1.48%)