



## Super Spicy Brown Pork Chops

READY IN



55 min.

SERVINGS



6

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups breadcrumbs italian (approximately)
- 1 large eggs
- 2 tablespoons honey
- 1 tablespoon milk
- 8 pork chops boneless ()
- 0.3 cup spicy brown mustard (gulden's)
- 6 servings vegetable oil

### Equipment

# Nutrition Facts

PROTEIN 31.24% FAT 46.22% CARBS 22.54%

## Properties

Glycemic Index:20.38, Glycemic Load:3.09, Inflammation Score:-4, Nutrition Score:28.280434782609%

## Nutrients (% of daily need)

Calories: 583.92kcal (29.2%), Fat: 29.53g (45.43%), Saturated Fat: 7.28g (45.49%), Carbohydrates: 32.41g (10.8%), Net Carbohydrates: 30.33g (11.03%), Sugar: 8.28g (9.2%), Cholesterol: 151.01mg (50.34%), Sodium: 476.47mg (20.72%), Protein: 44.9g (89.81%), Selenium: 74.4µg (106.29%), Vitamin B1: 1.56mg (104.28%), Vitamin B3: 16.74mg (83.68%), Vitamin B6: 1.37mg (68.26%), Phosphorus: 493.7mg (49.37%), Vitamin B2: 0.53mg (30.98%), Vitamin K: 28.31µg (26.96%), Zinc: 3.49mg (23.27%), Potassium: 771.44mg (22.04%), Manganese: 0.39mg (19.73%), Vitamin B12: 1.16µg (19.34%), Magnesium: 68.35mg (17.09%), Vitamin B5: 1.67mg (16.71%), Iron: 2.98mg (16.53%), Folate: 43.3µg (10.83%), Copper: 0.21mg (10.4%), Vitamin E: 1.53mg (10.21%), Calcium: 93.08mg (9.31%), Fiber: 2.08g (8.32%), Vitamin D: 0.91µg (6.06%), Vitamin A: 63.56IU (1.27%)