

DINNER

# Flavorful Crusted Pork Chops

5 October 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 4      | \$2.78      | 555 kcal |

You can never have too many main course recipes, so give Flavorful Crusted Pork Chops a try. One portion of this dish contains approximately 45g of protein, 28g of fat, and a total of 568 calories. This dairy free recipe serves 4 and costs \$2.78 per serving. 1 person were impressed by this recipe.

## Ingredients

|                                                              |                                                                        |
|--------------------------------------------------------------|------------------------------------------------------------------------|
| <input type="checkbox"/> 4 (1-inch-thick) bone-in pork chops | <input type="checkbox"/> 1 cup soft breadcrumbs                        |
| <input type="checkbox"/> 2 tablespoons Dijon mustard         | <input type="checkbox"/> ½ cup dry white wine                          |
| <input type="checkbox"/> 1½ tablespoons all-purpose flour    | <input type="checkbox"/> 8 ounce 1/2 package sliced fresh mushrooms    |
| <input type="checkbox"/> 2 garlic cloves, minced             | <input type="checkbox"/> 3 tablespoons olive oil, divided              |
| <input type="checkbox"/> ¼ cup minced onion                  | <input type="checkbox"/> ¼ cup minced parsley                          |
| <input type="checkbox"/> ½ teaspoon pepper                   | <input type="checkbox"/> 14½ ounce reduced sodium beef broth<br>canned |
| <input type="checkbox"/> ½ teaspoon salt                     | <input type="checkbox"/> 1 teaspoon tomato paste                       |

EQUIPMENT Bowl, Frying pan, Oven, Whisk

## Method

- 1 Sprinkle both sides of pork chops evenly with salt and pepper.
- 2 Cook chops in 1 tablespoon hot oil in a nonstick, ovenproof skillet over medium-high heat 2 to 3 minutes on each side.

- 3 Remove skillet from heat.
- 4 Brush tops of pork chops evenly with Dijon mustard.
- 5 Combine breadcrumbs, parsley, garlic, and remaining 2 tablespoons olive oil in a medium bowl. Press crumb mixture evenly over tops and sides of pork chops.
- 6 Bake at 400 for 10 to 12 minutes or until done.
- 7 Remove skillet from oven; remove pork chops, and keep warm.
- 8 Saut onion and mushrooms in skillet over high heat 7 to 8 minutes. Reduce heat to medium low, add flour, and cook, whisking constantly, 1 minute.
- 9 Whisk together wine and tomato paste.
- 10 Add to skillet, whisking constantly.
- 11 Whisk in broth, and cook, whisking constantly, 5 minutes or until mixture is thickened. Arrange pork chops on individual plates, and spoon sauce on top.

### Nutrition per serving

| 555           | 43 g    | 28 g | 27 g                        |
|---------------|---------|------|-----------------------------|
| KCAL          | PROTEIN | FAT  | CARBS                       |
| Saturated Fat |         |      | 6.9 g · 43% of daily needs  |
| Fibre         |         |      | 2.6 g · 11% of daily needs  |
| Sugar         |         |      | 3.9 g · 4% of daily needs   |
| Sodium        |         |      | 872 mg · 38% of daily needs |
| Cholesterol   |         |      | 117 mg · 39% of daily needs |
| Vitamin C     |         |      | 7.7 mg · 9% of daily needs  |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/ flavorful-crusted-pork-chops-148118](https://whatsheate.com/ flavorful-crusted-pork-chops-148118)