



Fried Lamb Chops

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

SIDE DISH

Ingredients

- ☐ 2 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon garlic powder
- ☐ 1 cup italian-seasoned breadcrumbs
- ☐ 2 ounce lamb rib chops
- ☐ 6 servings garnishes: lemon wedges fresh
- ☐ 1 teaspoon onion powder
- ☐ 2 teaspoons paprika
- ☐ 0.3 cup parmesan cheese grated

- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 6 servings vegetable oil

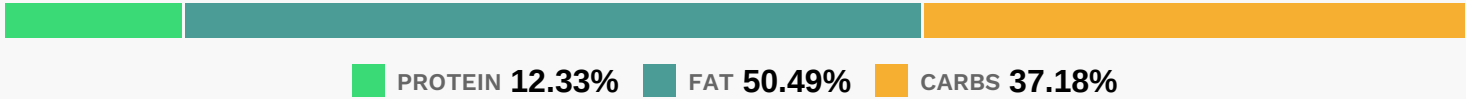
Equipment

- ☐ frying pan

Directions

- ☐ Stir together first 7 ingredients.
- ☐ Dredge chops in flour; dip in egg, and dredge in breadcrumb mixture.
- ☐ Pour vegetable oil to a depth of 1/4 inch into a skillet; fry chops, in batches, over medium-high heat 5 to 7 minutes on each side.
- ☐ Garnish, if desired.
- ☐ * 12 loin chops may be substituted. Cook 3 more minutes on each side.

Nutrition Facts



Properties

Glycemic Index:25.42, Glycemic Load:11.59, Inflammation Score:-5, Nutrition Score:12.030434665473%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 339.34kcal (16.97%), Fat: 19.03g (29.28%), Saturated Fat: 3.95g (24.66%), Carbohydrates: 31.53g (10.51%), Net Carbohydrates: 29.54g (10.74%), Sugar: 1.4g (1.55%), Cholesterol: 72.06mg (24.02%), Sodium: 759.67mg (33.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.46g (20.91%), Vitamin K: 36.23µg (34.5%), Selenium: 20.92µg (29.88%), Vitamin B1: 0.38mg (25.44%), Manganese: 0.41mg (20.65%), Folate: 72.93µg (18.23%), Vitamin B2: 0.31mg (17.96%), Vitamin B3: 3.11mg (15.56%), Iron: 2.65mg (14.7%), Phosphorus: 140.34mg (14.03%), Vitamin E: 1.63mg (10.85%), Vitamin A: 495.05IU (9.9%), Calcium: 92mg (9.2%), Zinc: 1.25mg (8.33%), Vitamin B12:

0.5µg (8.32%), Fiber: 1.98g (7.93%), Copper: 0.12mg (5.87%), Vitamin B6: 0.12mg (5.85%), Vitamin B5: 0.58mg (5.76%), Magnesium: 22.21mg (5.55%), Potassium: 154.54mg (4.42%), Vitamin D: 0.35µg (2.36%), Vitamin C: 1.16mg (1.41%)