

food
network



HEALTH SCORE

53%

Fried Pork Chops with Buttered Beans

READY IN



28 min.

SERVINGS



4

CALORIES



1152 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bread crumbs
- ☐ 4 tablespoons butter divided
- ☐ 45 ounce shell beans canned
- ☐ 1 cup canola oil
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 0.3 cup cornmeal
- ☐ 0.1 pound deli ham diced thick
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon garlic powder

- ☐ 1.5 teaspoons penzey's southwest seasoning italian
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon paprika
- ☐ 3 pounds pork chops
- ☐ 4 servings salt and pepper black freshly ground

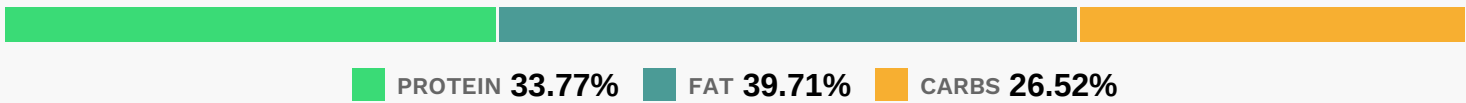
Equipment

- ☐ frying pan
- ☐ baking pan

Directions

- ☐ In a heavy-bottomed skillet heat the canola oil over medium-high heat.
- ☐ In a shallow baking dish or pie plate combine the flour with cornmeal, bread crumbs, Italian seasoning, garlic powder, paprika, cayenne, salt and pepper, to taste.
- ☐ Put the pork chops into the flour mixture coating completely and shaking off excess. Fry in hot oil until golden brown on both sides and cooked through, about 3 to 4 minutes on each side.
- ☐ Remove the chops from oil and drain on a sheet pan lined with a brown paper bag. Reserve 2 chops for Round 2 Pork Parmesan recipe.
- ☐ In a large skillet, melt 2 tablespoons of butter, then add diced ham and saute until lightly browned.
- ☐ Add the onions, and remaining 2 tablespoons butter, salt and pepper, to taste and saute until translucent.
- ☐ Add the butter beans and saute for 5 minutes. Reserve 2 cups of the sauteed beans and onions for Round 2 Bean Dip recipe. Arrange the chops on serving plates and serve with the beans alongside.

Nutrition Facts



Properties

Glycemic Index:86.38, Glycemic Load:25.2, Inflammation Score:-9, Nutrition Score:50.804347784623%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 1152.32kcal (57.62%), Fat: 50.33g (77.43%), Saturated Fat: 17.58g (109.86%), Carbohydrates: 75.62g (25.21%), Net Carbohydrates: 57.57g (20.93%), Sugar: 1.9g (2.12%), Cholesterol: 266.82mg (88.94%), Sodium: 1545.43mg (67.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 96.3g (192.59%), Selenium: 138.31µg (197.58%), Vitamin B1: 2.77mg (184.5%), Vitamin B3: 30.4mg (151.98%), Vitamin B6: 2.96mg (147.76%), Phosphorus: 1103.2mg (110.32%), Manganese: 1.52mg (75.96%), Fiber: 18.06g (72.22%), Potassium: 2150.22mg (61.43%), Magnesium: 239.38mg (59.85%), Zinc: 8.32mg (55.45%), Vitamin B2: 0.91mg (53.38%), Iron: 9.45mg (52.5%), Folate: 207.26µg (51.81%), Copper: 0.86mg (43.25%), Vitamin B5: 3.6mg (36.05%), Vitamin B12: 1.94µg (32.35%), Vitamin E: 3.16mg (21.07%), Vitamin K: 14.92µg (14.21%), Vitamin A: 675.6IU (13.51%), Calcium: 131.1mg (13.11%), Vitamin D: 1.46µg (9.73%), Vitamin C: 2.16mg (2.62%)