



Fried Pork Chops with Caramelized Onion Gravy

 Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 servings apples
- ☐ 6 tablespoons canola oil
- ☐ 6 servings caramelized onions
- ☐ 4 egg whites lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 2 teaspoons rosemary leaves fresh chopped

- ☐ 2 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 1.5 teaspoons pepper divided freshly ground
- ☐ 3 inch pork loin boneless
- ☐ 1.5 teaspoons salt divided

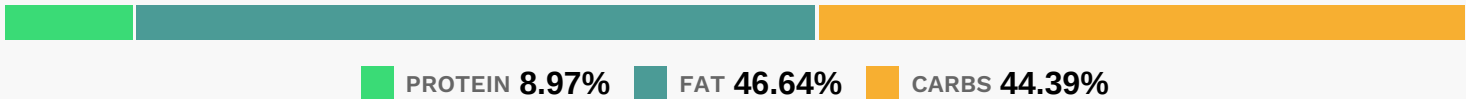
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ pastry brush

Directions

- ☐ Combine first 3 ingredients, 1/2 tsp. salt, and 1/2 tsp. pepper in a shallow dish.
- ☐ Place each pork chop between 2 sheets of plastic wrap, and flatten to 1/8-inch thickness, using a rolling pin or flat side of a meat mallet.
- ☐ Sprinkle pork with remaining 1 tsp. each salt and pepper.
- ☐ Place flour in a shallow dish; place egg whites in another shallow dish. Dredge pork in flour, dip in egg whites, and dredge in breadcrumb mixture, pressing to adhere; place on a wire rack.
- ☐ Cook half of pork in 1 1/2 Tbsp. hot oil in a large nonstick skillet over medium heat 3 to 4 minutes or until golden. Dab top of pork with 1 1/2 Tbsp. oil using a pastry brush; turn pork over. Cook 3 minutes or until done. Keep warm on a clean wire rack in a jelly-roll pan in a 200 oven. Repeat with remaining pork and 3 Tbsp. oil.
- ☐ Serve with Caramelized Onion Gravy and Apple-Cabbage Slaw.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:8.43, Inflammation Score:-5, Nutrition Score:10.43913055106%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 293.45kcal (14.67%), Fat: 15.41g (23.7%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 33g (11%), Net Carbohydrates: 29.85g (10.86%), Sugar: 8.57g (9.52%), Cholesterol: 0.8mg (0.27%), Sodium: 764.53mg (33.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.67g (13.33%), Vitamin K: 54.59µg (51.99%), Vitamin B1: 0.3mg (20.12%), Selenium: 13.03µg (18.61%), Manganese: 0.37mg (18.4%), Vitamin E: 2.61mg (17.42%), Vitamin B2: 0.25mg (14.47%), Fiber: 3.15g (12.6%), Folate: 49.91µg (12.48%), Vitamin B3: 2.15mg (10.74%), Iron: 1.79mg (9.94%), Vitamin C: 7.32mg (8.87%), Phosphorus: 63.59mg (6.36%), Potassium: 197.31mg (5.64%), Calcium: 52.96mg (5.3%), Copper: 0.1mg (5.25%), Magnesium: 20.2mg (5.05%), Vitamin A: 248.36IU (4.97%), Vitamin B6: 0.09mg (4.34%), Zinc: 0.48mg (3.18%), Vitamin B5: 0.28mg (2.77%), Vitamin B12: 0.09µg (1.57%)