



Graham Crusted Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 0.5 teaspoon rosemary dried
- ☐ 1 eggs beaten
- ☐ 2 cups graham cracker crumbs
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground pepper black
- ☐ 4 pork chops thick cut
- ☐ 0.5 teaspoon salt

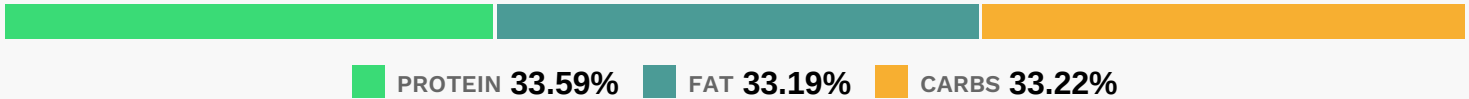
Equipment

- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Preheat an oven to 375 degrees F (190 degrees C).
- ☐ Rinse the pork chops and pat dry.
- ☐ Combine graham cracker crumbs, cinnamon, curry powder, rosemary, salt, and pepper in a large resealable plastic bag. Dip the pork chops in the egg and place in plastic bag; shake to coat.
- ☐ Place the pork chops in a prepared 9 x 13 inch baking dish.
- ☐ Bake until the pork is no longer pink in the center, about 40 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:22.67, Inflammation Score:-3, Nutrition Score:19.581304108643%

Nutrients (% of daily need)

Calories: 405.04kcal (20.25%), Fat: 14.63g (22.51%), Saturated Fat: 4.3g (26.87%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 31.02g (11.28%), Sugar: 9.73g (10.81%), Cholesterol: 130.7mg (43.57%), Sodium: 647.77mg (28.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.31g (66.62%), Selenium: 47.85µg (68.35%), Vitamin B1: 1mg (66.38%), Vitamin B3: 12.33mg (61.63%), Vitamin B6: 1.04mg (52.05%), Phosphorus: 411.93mg (41.19%), Vitamin B2: 0.4mg (23.59%), Zinc: 3.07mg (20.45%), Potassium: 602.71mg (17.22%), Magnesium: 62.97mg (15.74%), Iron: 2.82mg (15.65%), Vitamin B12: 0.81µg (13.47%), Vitamin B5: 1.15mg (11.48%), Fiber: 1.93g (7.71%), Manganese: 0.15mg (7.71%), Folate: 25.37µg (6.34%), Calcium: 57.57mg (5.76%), Copper: 0.1mg (5.25%), Vitamin D: 0.76µg (5.04%), Vitamin E: 0.41mg (2.76%), Vitamin A: 72.92IU (1.46%), Vitamin K: 1.1µg (1.04%)