



Grilled Breaded Pork Chops

READY IN



45 min.

SERVINGS



8

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups bread crumbs fresh white firm fine (from 10 slices sandwich bread)
- ☐ 1 cup olive oil
- ☐ 0.7 cup parmigiano-reggiano finely grated
- ☐ 0.5 teaspoon rounded salt

Equipment

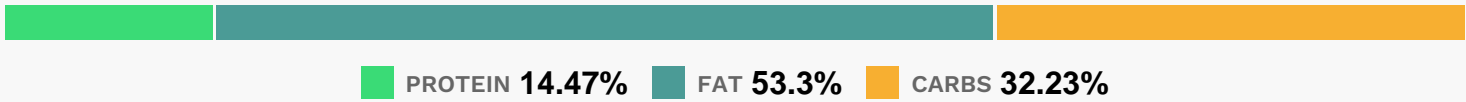
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ broiler
- ☐ wax paper
- ☐ broiler pan

Directions

- ☐ Put oven rack in middle position and preheat oven to 350°F.
- ☐ Spread bread crumbs in a shallow baking pan and toast in oven, stirring once or twice, until dry but not golden, 7 to 10 minutes. Cool bread crumbs completely, then stir together with cheese, salt, and pepper in a shallow bowl or a 9-inch pie plate. Lightly season chops with additional salt and pepper.
- ☐ Line a baking sheet with wax paper. Put oil in another shallow bowl or 9-inch pie plate. Dip each chop in oil, letting excess drip off, then dredge both sides of chop in bread-crumbs mixture, pressing gently to help crumbs adhere, and transfer to baking sheet.
- ☐ Prepare grill for cooking over medium-hot charcoal (moderate heat for gas). Grill chops on well-oiled grill rack, covered only if using gas grill, turning over once or twice, until pork is cooked through and crumbs are golden brown, about 10 minutes total.
- ☐ · Pork chops can be breaded 2 hours ahead and chilled, loosely covered. ·If you aren't able to grill outdoors, you can broil pork chops on the lightly oiled rack of a broiler pan in 2 batches, 4 to 6 inches from preheated broiler, turning over once, until golden brown, about 6 minutes per batch.

Nutrition Facts



Properties

Glycemic Index:16.72, Glycemic Load:7.97, Inflammation Score:-2, Nutrition Score:4.1260869308658%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 141.31kcal (7.07%), Fat: 8.36g (12.87%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 10.85g (3.94%), Sugar: 1.27g (1.41%), Cholesterol: 5.67mg (1.89%), Sodium: 386.29mg (16.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.11g (10.21%), Calcium: 146.56mg (14.66%), Selenium: 7.1µg (10.14%), Phosphorus: 83.36mg (8.34%), Vitamin B1: 0.12mg (7.83%), Manganese: 0.14mg (7.16%), Folate: 25.57µg (6.39%), Vitamin E: 0.85mg (5.64%), Vitamin B3: 1.09mg (5.47%), Vitamin B2: 0.08mg (4.81%), Iron: 0.86mg (4.79%), Vitamin K: 3.54µg (3.37%), Zinc: 0.43mg (2.86%), Magnesium: 9.85mg (2.46%), Fiber: 0.53g (2.13%), Vitamin B12: 0.1µg (1.67%), Vitamin B5: 0.16mg (1.59%), Copper: 0.03mg (1.58%), Vitamin B6: 0.03mg (1.42%), Vitamin A: 65.65IU (1.31%)