



## Italian Pork Chops

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup salad dressing italian
- 0.5 cup breadcrumbs
- 1.5 pounds pork loin boneless
- 2 tablespoons vegetable oil
- 0.5 cup frangelico

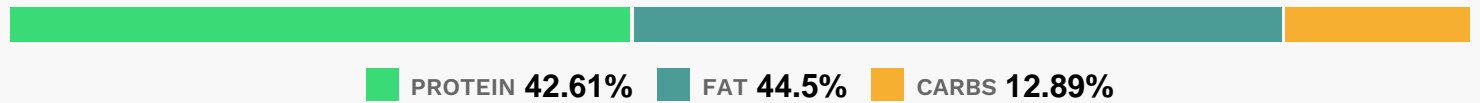
### Equipment

- bowl
- frying pan

## Directions

- Place Bisquick mix, dressing and bread crumbs in separate shallow bowls. Coat pork chops with Bisquick mix. Dip coated pork chops into dressing, then coat with bread crumbs.
- Heat oil in 12-inch nonstick skillet over medium-high heat. Cook pork in oil about 5 minutes or until golden brown; reduce heat to low. Carefully turn pork. Cook 10 to 15 minutes longer or until pork is no longer pink in center.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:20.219565639677%

## Nutrients (% of daily need)

Calories: 384.97kcal (19.25%), Fat: 18.55g (28.54%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 11.48g (4.17%), Sugar: 2.95g (3.28%), Cholesterol: 107.16mg (35.72%), Sodium: 376.63mg (16.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.97g (79.93%), Selenium: 50.91µg (72.73%), Vitamin B6: 1.31mg (65.66%), Vitamin B1: 0.89mg (59.2%), Vitamin B3: 10.69mg (53.47%), Phosphorus: 407.93mg (40.79%), Vitamin K: 24.36µg (23.2%), Vitamin B2: 0.37mg (21.91%), Zinc: 3.27mg (21.81%), Potassium: 679.07mg (19.4%), Vitamin B12: 0.91µg (15.25%), Vitamin B5: 1.34mg (13.42%), Magnesium: 51.01mg (12.75%), Iron: 1.62mg (9.02%), Vitamin E: 1.22mg (8.11%), Manganese: 0.14mg (7.1%), Copper: 0.14mg (6.84%), Vitamin D: 0.68µg (4.54%), Folate: 14.44µg (3.61%), Calcium: 35.76mg (3.58%), Fiber: 0.61g (2.43%)