



Italian Style Pork Chops

READY IN



60 min.

SERVINGS



6

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup butter melted
- ☐ 0.3 teaspoon garlic powder
- ☐ 2 cups parmesan cheese grated
- ☐ 6 pork chops
- ☐ 3 cups saltines crushed
- ☐ 1 tablespoon penzey's southwest seasoning italian-style

Equipment

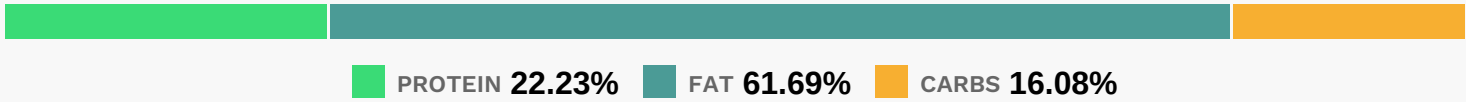
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ In a medium bowl, combine the crushed saltines, Parmesan cheese, Italian-style seasoning and garlic powder and mix together well.
- ☐ Dip the chops in the melted butter and then dredge each chop in the cracker mixture, coating all sides thoroughly.
- ☐ Place the chops in a 9x13 inch baking dish.
- ☐ Bake at 425 degrees F (220 degrees C) for 30 to 40 minutes, or until internal pork temperature reaches 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:26.660434734481%

Nutrients (% of daily need)

Calories: 768.22kcal (38.41%), Fat: 52.38g (80.58%), Saturated Fat: 28.49g (178.04%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 29.38g (10.68%), Sugar: 0.53g (0.59%), Cholesterol: 200.12mg (66.71%), Sodium: 1220.56mg (53.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.47g (84.94%), Selenium: 60.07µg (85.82%), Vitamin B1: 1.15mg (76.83%), Vitamin B3: 13.04mg (65.2%), Phosphorus: 560.7mg (56.07%), Vitamin B6: 1.04mg (52.09%), Calcium: 333.18mg (33.32%), Vitamin B2: 0.55mg (32.4%), Zinc: 3.82mg (25.48%), Vitamin A: 1253.67IU (25.07%), Vitamin B12: 1.26µg (20.93%), Manganese: 0.37mg (18.69%), Potassium: 635.42mg (18.15%), Iron: 3.09mg (17.17%), Vitamin K: 17.29µg (16.46%), Magnesium: 57.66mg (14.41%), Folate: 52.07µg (13.02%), Vitamin B5: 1.3mg (12.99%), Vitamin E: 1.78mg (11.85%), Copper: 0.14mg (7.15%), Fiber: 1.35g (5.38%), Vitamin D: 0.7µg (4.68%)