



Lemon Sage Pork Chops

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp grey poupon country dijon mustard
- 2 Tbsp sage dried fresh chopped (or 1 tablespoon sage)
- 1 tsp kosher salt
- 1 medium lemon zest
- 1.5 cups panko bread crumbs
- 0.5 tsp freshly cracked pepper black
- 4 pork chops boneless
- 2 Tbsp mayo reduced fat mayonnaise light kraft

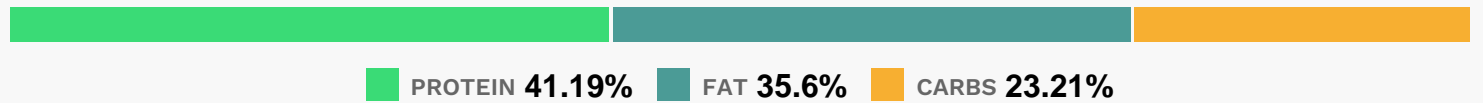
Equipment

- bowl
- frying pan
- whisk
- wax paper

Directions

- WHISK together the mustard and mayonnaise in a small bowl. In a shallow bowl mix together the bread crumbs, lemon zest, sage, salt, and pepper.
- POUND the pork chops between two sheets of wax paper until just tenderized, but not too thin. Working with each chop individually, dip the chop in the mustard mixture so that it is well coated. Then place it in the Panko mixture and turn it once or twice to make sure it is completely coated. Set side. Repeat with remaining three pork chops so they all are evenly breaded.
- MELT 1 tablespoon of butter with 1 tablespoon of olive oil over medium heat in a large skillet. Swirl so that it all coats the bottom of the pan. Then, place the pork chops in the pan and cook for about 10 minutes per side.
- Drizzle in a touch more olive oil if the bottom of the pan gets dry. Check doneness by cutting into one of the chops.
- Serve!

Nutrition Facts



Properties

Glycemic Index:1.83, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.3934782510218%

Nutrients (% of daily need)

Calories: 36.83kcal (1.84%), Fat: 1.42g (2.19%), Saturated Fat: 0.44g (2.78%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.21g (0.23%), Cholesterol: 10.39mg (3.46%), Sodium: 108.69mg (4.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Vitamin B1: 0.13mg (8.65%), Selenium: 6.04µg (8.62%), Vitamin B3: 1.41mg (7.03%), Vitamin B6: 0.12mg (5.92%), Phosphorus: 40.07mg (4.01%), Vitamin K: 2.62µg

(2.49%), Vitamin B2: 0.04mg (2.34%), Zinc: 0.29mg (1.91%), Potassium: 65.59mg (1.87%), Manganese: 0.04mg (1.79%), Magnesium: 6.08mg (1.52%), Vitamin B12: 0.09µg (1.5%), Iron: 0.25mg (1.4%), Vitamin B5: 0.13mg (1.3%)