



Lemon-Thyme-Crusted Pork Chops

READY IN



18 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs dry fine
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 0.5 teaspoon pepper
- ☐ 24 oz center-cut pork chops boneless
- ☐ 1 teaspoon salt
- ☐ 0.3 cup vegetable oil

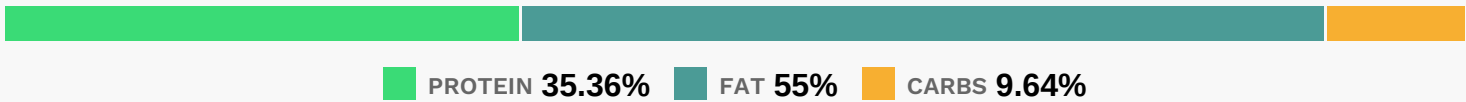
Equipment

- ☐ frying pan
- ☐ baking pan

Directions

- ☐ Sprinkle pork chops evenly with salt and pepper.
- ☐ Stir together 1/2 cup breadcrumbs and next 3 ingredients in a large shallow baking dish.
- ☐ Dredge pork chops in breadcrumb mixture.
- ☐ Cook chops in hot oil in a large skillet over medium heat 3 to 4 minutes on each side or until done.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.05, Inflammation Score:-6, Nutrition Score:23.811304196067%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 465.57kcal (23.28%), Fat: 27.92g (42.95%), Saturated Fat: 7.38g (46.14%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 10.11g (3.68%), Sugar: 0.91g (1.01%), Cholesterol: 119.4mg (39.8%), Sodium: 871.4mg (37.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.38g (80.77%), Selenium: 61.92µg (88.45%), Vitamin B1: 1.27mg (84.55%), Vitamin B3: 14.51mg (72.53%), Vitamin B6: 1.26mg (63.07%), Phosphorus: 447.42mg (44.74%), Vitamin K: 26.46µg (25.2%), Vitamin B2: 0.39mg (23.21%), Zinc: 3.12mg (20.8%), Potassium: 681.31mg (19.47%), Vitamin B12: 1.03µg (17.22%), Vitamin B5: 1.34mg (13.42%), Magnesium: 53.69mg (13.42%), Calcium: 97.36mg (9.74%), Iron: 1.66mg (9.23%), Vitamin E: 1.38mg (9.23%), Manganese: 0.18mg (9.16%), Copper: 0.14mg (7.01%), Vitamin D: 0.71µg (4.74%), Folate: 15.28µg (3.82%), Fiber: 0.9g (3.6%), Vitamin C: 2.74mg (3.32%), Vitamin A: 86.74IU (1.73%)