



Mom's Best Pork Chops

 Dairy Free  Popular

READY IN



85 min.

SERVINGS



6

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 eggs
- 0.5 teaspoon garlic powder
- 0.5 teaspoon onion powder
- 6 pork chops thin cut
- 12 ounce saltines crushed
- 3 tablespoons vegetable oil

Equipment

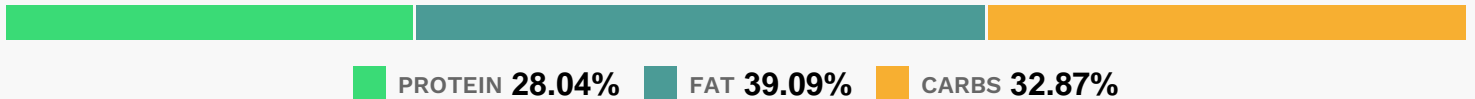
- bowl

- frying pan
- baking sheet
- oven
- whisk

Directions

- Preheat the oven to 375 degrees F (190 degrees C).
- In a shallow bowl or pie plate, whisk eggs with garlic powder and onion powder.
- Place cracker crumbs on a separate plate.
- Heat the oil in a large skillet over medium-high heat. Dip pork chops into the egg, then press in the cracker crumbs to coat. Fry in the hot oil for 2 to 3 minutes per side, just until golden brown.
- Remove to a baking sheet.
- Bake for 45 minutes in the preheated oven, turning once.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:24.776086830089%

Nutrients (% of daily need)

Calories: 527.18kcal (26.36%), Fat: 22.4g (34.46%), Saturated Fat: 5.72g (35.72%), Carbohydrates: 42.38g (14.13%), Net Carbohydrates: 40.74g (14.81%), Sugar: 0.8g (0.89%), Cholesterol: 144.34mg (48.11%), Sodium: 618.96mg (26.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.15g (72.29%), Vitamin B1: 1.3mg (86.63%), Selenium: 54.78µg (78.26%), Vitamin B3: 14.37mg (71.84%), Vitamin B6: 1.05mg (52.59%), Phosphorus: 391.28mg (39.13%), Vitamin B2: 0.59mg (34.8%), Vitamin K: 26.96µg (25.67%), Manganese: 0.49mg (24.66%), Iron: 4.11mg (22.82%), Folate: 83.09µg (20.77%), Zinc: 2.67mg (17.81%), Potassium: 610.87mg (17.45%), Vitamin B12: 0.89µg (14.86%), Vitamin B5: 1.47mg (14.71%), Magnesium: 50.02mg (12.51%), Vitamin E: 1.54mg (10.26%), Copper: 0.17mg (8.34%), Fiber: 1.64g (6.54%), Vitamin D: 0.83µg (5.53%), Calcium: 29.2mg (2.92%), Vitamin A: 85.13IU (1.7%)