



## Oven-Baked Pork Chops with Cumin

READY IN



35 min.

SERVINGS



35

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.3 lb pork chops bone-in
- 2 Tbsp butter melted
- 2 Tbsp cilantro leaves chopped
- 1 eggs
- 2 Tbsp flour
- 2 tsp ground cumin
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft
- 1 mangos finely chopped
- 0.3 cup onions red finely chopped

20 ritz crackers crushed finely

## Equipment

bowl

frying pan

oven

aluminum foil

## Directions

Heat oven to 400F.

Mix crushed crackers, flour and cumin in shallow dish. Beat egg in medium bowl. Dip chops in egg mixture; shake off excess. Dredge each chop in cracker mixture, pressing to coat well.

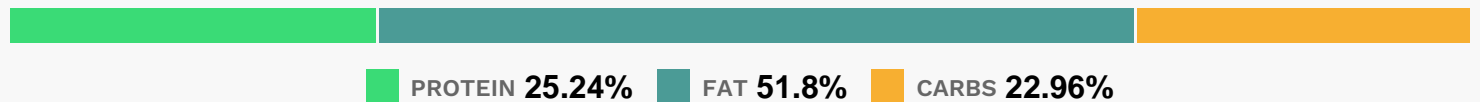
Place chops on foil-lined 15x10x1-inch pan sprayed with cooking spray.

Drizzle evenly with melted butter.

Bake 25 min. or until done (160F).

Meanwhile, combine remaining ingredients. Spoon over cooked chops.

## Nutrition Facts



## Properties

Glycemic Index:6.88, Glycemic Load:0.67, Inflammation Score:-1, Nutrition Score:2.1639130400575%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

## Nutrients (% of daily need)

Calories: 46.73kcal (2.34%), Fat: 2.68g (4.12%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 2.67g (0.89%), Net Carbohydrates: 2.5g (0.91%), Sugar: 1.19g (1.32%), Cholesterol: 14.8mg (4.93%), Sodium: 45.79mg (1.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Selenium: 4.81µg (6.87%), Vitamin B1: 0.07mg (4.91%),

Vitamin B6: 0.1mg (4.9%), Vitamin B3: 0.96mg (4.82%), Phosphorus: 35.21mg (3.52%), Vitamin C: 2.26mg (2.74%),  
Vitamin B2: 0.04mg (2.27%), Vitamin K: 2.19µg (2.08%), Vitamin A: 95.41IU (1.91%), Potassium: 61.28mg (1.75%), Zinc:  
0.26mg (1.73%), Iron: 0.29mg (1.6%), Folate: 5.42µg (1.35%), Vitamin E: 0.2mg (1.34%), Vitamin B12: 0.08µg (1.28%),  
Vitamin B5: 0.13mg (1.27%), Magnesium: 4.84mg (1.21%), Manganese: 0.02mg (1.15%)