



Oven-Fried Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 egg white
- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 cup seasoned bread crumbs italian
- ☐ 1 tablespoon seasoned bread crumbs italian
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 0.3 teaspoon paprika
- ☐ 2 tablespoons pineapple juice unsweetened

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20 ounce center-cut loin pork chops lean 1/

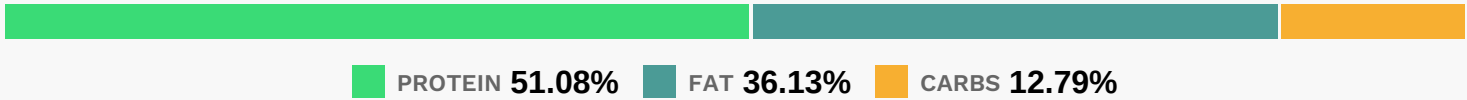
Equipment

- ☐ bowl
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Trim fat from chops; set chops aside.
- ☐ Combine next 5 ingredients in a shallow bowl; stir with a wire whisk.
- ☐ Combine breadcrumbs and paprika in a shallow bowl. Dip each chop into egg white mixture, and dredge in breadcrumb mixture.
- ☐ Place chops on a rack coated with cooking spray; place rack in a shallow roasting pan. Back at 350 degrees for 25 minutes on each side or until done.
- ☐ CALORIES: 251 per serving

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:18.548695740492%

Nutrients (% of daily need)

Calories: 269.25kcal (13.46%), Fat: 10.44g (16.06%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 8.32g (2.77%), Net Carbohydrates: 7.72g (2.81%), Sugar: 1.42g (1.57%), Cholesterol: 95.07mg (31.69%), Sodium: 358.41mg (15.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.21g (66.42%), Selenium: 51.02µg (72.88%), Vitamin B1: 1.05mg (69.91%), Vitamin B3: 12.03mg (60.16%), Vitamin B6: 1.07mg (53.27%), Phosphorus: 347.41mg (34.74%), Vitamin B2: 0.35mg (20.57%), Potassium: 593.49mg (16.96%), Zinc: 2.39mg (15.97%), Vitamin B12: 0.79µg (13.22%), Magnesium: 46.5mg (11.63%), Vitamin B5: 1.13mg (11.28%), Manganese: 0.21mg (10.42%), Iron: 1.34mg (7.45%), Copper: 0.11mg (5.73%), Vitamin K: 4.72µg (4.5%), Folate: 15.43µg (3.86%), Vitamin D: 0.57µg (3.78%), Calcium: 31.33mg (3.13%), Fiber: 0.6g (2.41%), Vitamin E: 0.27mg (1.77%), Vitamin A: 86.95IU (1.74%), Vitamin C: 1.02mg (1.24%)