



Oven-Fried Pork Chops with Cranberry Applesauce

READY IN



45 min.

SERVINGS



4

CALORIES



480 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread stuffing mix crushed finely
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 2 tablespoons milk
- ☐ 1 eggs
- ☐ 16 oz pork loin boneless (1/)
- ☐ 1 cup apple sauce chunky or home-style
- ☐ 0.5 cup roasted cranberry sauce whole canned

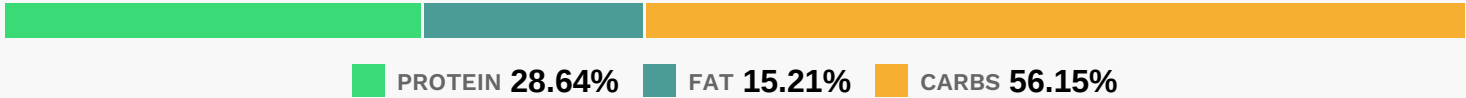
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425°F. Spray 13x9-inch pan with nonstick cooking spray. In shallow bowl, combine crushed stuffing, seasoned salt and thyme; mix well. In another shallow bowl, combine milk and egg; beat well.
- ☐ Dip pork chops in egg mixture; coat well with crumb mixture.
- ☐ Place in sprayed pan.
- ☐ Bake at 425°F. for 30 to 35 minutes or until golden brown and no longer pink in center.
- ☐ In small bowl, combine applesauce and cranberry sauce; mix well.
- ☐ Serve cranberry applesauce with pork chops.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:22.143043600995%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

Nutrients (% of daily need)

Calories: 479.62kcal (23.98%), Fat: 8.02g (12.33%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 66.56g (22.19%), Net Carbohydrates: 63.6g (23.13%), Sugar: 22.15g (24.61%), Cholesterol: 113.85mg (37.95%), Sodium: 1198.72mg

(52.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.95g (67.91%), Selenium: 63.65µg (90.92%), Vitamin B1: 0.88mg (58.98%), Vitamin B3: 10.03mg (50.15%), Vitamin B6: 0.99mg (49.56%), Phosphorus: 372.48mg (37.25%), Vitamin B2: 0.54mg (31.64%), Folate: 106.77µg (26.69%), Manganese: 0.4mg (20.09%), Iron: 3.37mg (18.7%), Zinc: 2.8mg (18.64%), Potassium: 651.8mg (18.62%), Magnesium: 58.1mg (14.52%), Vitamin B5: 1.3mg (13.02%), Vitamin B12: 0.73µg (12.14%), Copper: 0.24mg (12.05%), Fiber: 2.97g (11.86%), Calcium: 82.6mg (8.26%), Vitamin E: 0.91mg (6.1%), Vitamin D: 0.76µg (5.04%), Vitamin A: 111.06IU (2.22%), Vitamin K: 1.5µg (1.43%), Vitamin C: 1.16mg (1.41%)