



Panko-Crusted Pork Chops with Creamy Herb Dressing

READY IN



45 min.

SERVINGS



2

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 0.3 teaspoon chili powder
- ☐ 1 teaspoon cider vinegar
- ☐ 1 large egg white
- ☐ 1 tablespoon milk fat-free
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.3 teaspoon garlic powder

- ☐ 1 tablespoon green onions chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon mayonnaise reduced-fat
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 0.3 teaspoon onion powder
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 8 ounce center-cut loin pork chops boneless (1/)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons cup heavy whipping cream fat-free sour

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

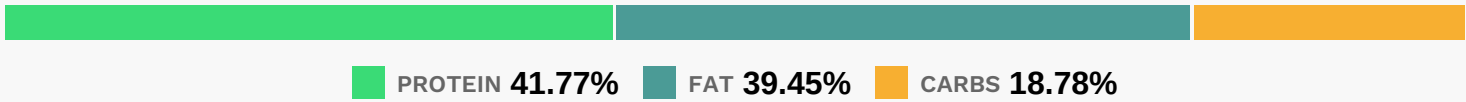
Directions

- ☐ To prepare pork, preheat oven to 45
- ☐ Combine first 6 ingredients in a shallow dish.
- ☐ Combine soy sauce and egg white in a medium bowl, stirring with a whisk.
- ☐ Place panko in a shallow dish.
- ☐ Dredge pork in flour mixture; dip in egg mixture. Dredge in panko.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork to pan; cook 1 minute on each side.
- ☐ Place pork on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 6 minutes or until done.
- ☐ To prepare dressing, combine onions and the remaining ingredients.

☐

Serve dressing with pork.

Nutrition Facts



Properties

Glycemic Index:127.13, Glycemic Load:1.33, Inflammation Score:-5, Nutrition Score:18.95217396902%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 284.66kcal (14.23%), Fat: 12.15g (18.7%), Saturated Fat: 3.31g (20.71%), Carbohydrates: 13.02g (4.34%), Net Carbohydrates: 12.13g (4.41%), Sugar: 1.59g (1.77%), Cholesterol: 78.4mg (26.13%), Sodium: 620.32mg (26.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.95g (57.91%), Selenium: 45.24µg (64.62%), Vitamin B1: 0.89mg (59.25%), Vitamin B3: 10mg (50%), Vitamin B6: 0.87mg (43.45%), Vitamin K: 45.25µg (43.1%), Phosphorus: 309.23mg (30.92%), Vitamin B2: 0.38mg (22.1%), Potassium: 550.63mg (15.73%), Zinc: 2.12mg (14.15%), Vitamin B12: 0.73µg (12.17%), Magnesium: 43.78mg (10.95%), Vitamin B5: 0.98mg (9.76%), Iron: 1.63mg (9.03%), Manganese: 0.16mg (8.18%), Vitamin A: 383.04IU (7.66%), Calcium: 63.63mg (6.36%), Folate: 23.39µg (5.85%), Copper: 0.11mg (5.74%), Vitamin E: 0.85mg (5.64%), Vitamin C: 3.4mg (4.13%), Vitamin D: 0.54µg (3.57%), Fiber: 0.88g (3.54%)