



Parmesan and Sage-Crusted Pork Chops

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons canola oil
- ☐ 2 large egg whites
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 tablespoon mustard prepared
- ☐ 1 ounce parmigiano-reggiano cheese grated
- ☐ 16 ounce loin pork chops boneless trimmed
- ☐ 0.3 teaspoon salt
- ☐ 1.3 ounce bread white

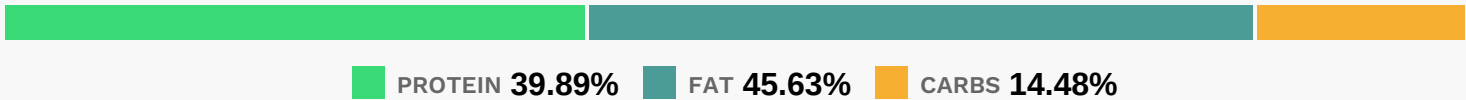
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Place bread in a food processor; pulse bread 10 times or until coarse crumbs measure about 1 cup.
- ☐ Combine breadcrumbs, cheese, sage, and salt in a shallow dish.
- ☐ Place flour in another shallow dish.
- ☐ Combine mustard and egg whites in another shallow dish, stirring with a whisk.
- ☐ Working with 1 pork chop at a time, dredge pork in flour, shaking off excess. Dip pork into egg white mixture; dredge in breadcrumb mixture. Repeat procedure with remaining pork, flour, egg white mixture, and breadcrumb mixture.
- ☐ Heat a large nonstick skillet over medium heat.
- ☐ Add oil to pan, swirling to coat.
- ☐ Add pork; cook 3 minutes on each side or until browned.
- ☐ Tear bread slice into pieces
- ☐ Combine measured ingredients for breadcrumb mixture
- ☐ Tear sage leaves off stem
- ☐ Combine and whisk mustard and egg whites
- ☐ Help coat pork chops with flour, egg white mixture, and breadcrumb mixture

Nutrition Facts



Properties

Glycemic Index:52.19, Glycemic Load:7.49, Inflammation Score:-3, Nutrition Score:21.528261133672%

Nutrients (% of daily need)

Calories: 315.37kcal (15.77%), Fat: 15.58g (23.96%), Saturated Fat: 4.46g (27.9%), Carbohydrates: 11.12g (3.71%), Net Carbohydrates: 10.44g (3.8%), Sugar: 0.72g (0.8%), Cholesterol: 80.8mg (26.93%), Sodium: 424.44mg (18.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.63g (61.27%), Copper: 4.64mg (232.08%), Selenium: 48.41µg (69.16%), Vitamin B1: 0.88mg (58.5%), Vitamin B3: 10mg (49.99%), Vitamin B6: 0.84mg (42.24%), Phosphorus: 330.99mg (33.1%), Vitamin B2: 0.37mg (21.76%), Zinc: 2.14mg (14.28%), Manganese: 0.28mg (14.11%), Potassium: 487.17mg (13.92%), Calcium: 125.16mg (12.52%), Vitamin B12: 0.7µg (11.68%), Magnesium: 42.88mg (10.72%), Vitamin B5: 0.98mg (9.81%), Iron: 1.53mg (8.48%), Vitamin E: 1.12mg (7.46%), Folate: 25.55µg (6.39%), Vitamin K: 3.96µg (3.77%), Vitamin D: 0.49µg (3.26%), Fiber: 0.68g (2.73%), Vitamin A: 62.64IU (1.25%)