



Parmesan Breaded Pork Chops

READY IN



20 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup breadcrumbs italian
- ☐ 14.5 oz canned tomatoes diced italian with herbs, undrained organic canned
- ☐ 1 eggs beaten
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 1.3 lb pork loin chops boneless
- ☐ 8 oz tomato sauce organic canned

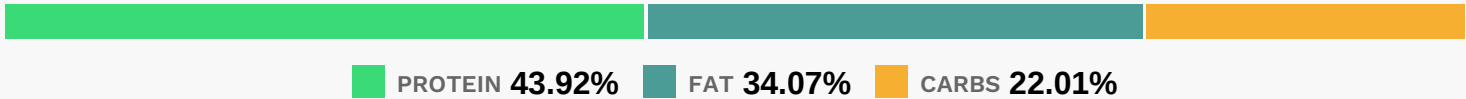
Equipment

☐ frying pan

Directions

- ☐ In small shallow dish, mix bread crumbs and cheese. Dip pork in egg, then coat with crumb mixture.
- ☐ Spray 12-inch skillet with cooking spray; heat over medium heat.
- ☐ Place pork in skillet; cook about 5 minutes, turning once, until brown.
- ☐ Stir in remaining ingredients.
- ☐ Heat to boiling. Reduce heat to low; cover and simmer 10 to 12 minutes, stirring occasionally, until pork is slightly pink in center.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:3.13, Inflammation Score:-7, Nutrition Score:27.17521733823%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 331.73kcal (16.59%), Fat: 12.55g (19.31%), Saturated Fat: 4.39g (27.43%), Carbohydrates: 18.23g (6.08%), Net Carbohydrates: 14.71g (5.35%), Sugar: 7.59g (8.43%), Cholesterol: 138.07mg (46.02%), Sodium: 598.25mg (26.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.4g (72.8%), Selenium: 54.4µg (77.71%), Vitamin B1: 1.14mg (75.92%), Vitamin B3: 13.84mg (69.19%), Vitamin B6: 1.31mg (65.61%), Phosphorus: 424.75mg (42.47%), Vitamin C: 28.4mg (34.42%), Potassium: 1068.24mg (30.52%), Vitamin B2: 0.45mg (26.64%), Zinc: 3mg (20.03%), Copper: 0.38mg (18.84%), Manganese: 0.37mg (18.46%), Magnesium: 73.84mg (18.46%), Iron: 3.29mg (18.28%), Vitamin B5: 1.74mg (17.36%), Vitamin E: 2.49mg (16.6%), Vitamin B12: 0.91µg (15.24%), Fiber: 3.52g (14.1%), Vitamin A: 622.06IU (12.44%), Calcium: 99.39mg (9.94%), Folate: 35.28µg (8.82%), Vitamin K: 9.08µg (8.65%), Vitamin D: 0.8µg (5.33%)