



Parmesan-Crusted Pork Chops

READY IN



18 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon butter
- ☐ 2 large egg whites lightly beaten
- ☐ 0.5 cup italian-seasoned breadcrumbs
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup parmesan cheese fresh grated

☐ 16 ounce center-cut loin pork chops boneless

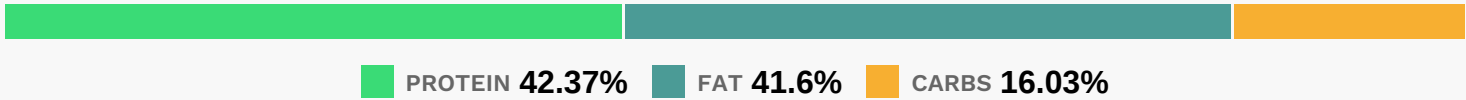
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Combine first 5 ingredients in a medium bowl.
- ☐ Place pork chops between 2 sheets of plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet. Dip chops in egg white; dredge in breadcrumb mixture.
- ☐ Heat oil and butter in a large nonstick skillet coated with cooking spray over medium-high heat until butter melts.
- ☐ Add chops, and cook 3 minutes on each side or until browned.
- ☐ Drizzle with lemon juice.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:18.005217645479%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 296.73kcal (14.84%), Fat: 13.4g (20.62%), Saturated Fat: 4.95g (30.94%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 10.42g (3.79%), Sugar: 1.17g (1.29%), Cholesterol: 83.06mg (27.69%), Sodium: 536.08mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.72g (61.43%), Selenium: 46.01µg (65.73%), Vitamin

B1: 0.91mg (60.43%), Vitamin B3: 10.07mg (50.34%), Vitamin B6: 0.87mg (43.4%), Phosphorus: 330.96mg (33.1%), Vitamin B2: 0.37mg (21.87%), Zinc: 2.18mg (14.54%), Potassium: 508.74mg (14.54%), Vitamin K: 14.72µg (14.02%), Calcium: 127.55mg (12.76%), Vitamin B12: 0.75µg (12.42%), Manganese: 0.23mg (11.26%), Magnesium: 44.12mg (11.03%), Vitamin B5: 0.99mg (9.95%), Iron: 1.77mg (9.81%), Copper: 0.11mg (5.73%), Folate: 22.13µg (5.53%), Fiber: 1.2g (4.81%), Vitamin E: 0.71mg (4.71%), Vitamin D: 0.48µg (3.23%), Vitamin A: 131.45IU (2.63%), Vitamin C: 1.88mg (2.28%)