



Pecan Crusted Pork Chops

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 eggs
- ☐ 1 leaf flat parsley italian
- ☐ 0.5 cup flour all-purpose
- ☐ 2 cups pecans
- ☐ 6 pork chops ()
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons butter unsalted

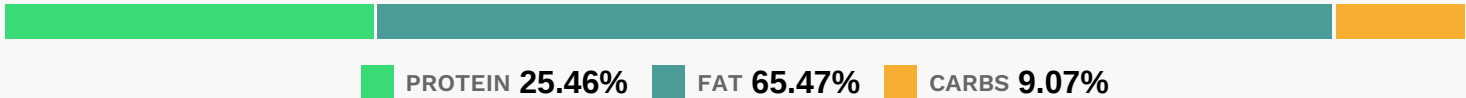
Equipment

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

Directions

- ☐ Preheat an oven to 350 degrees F (175 degrees C).
- ☐ Spread the pecans on a baking sheet, and bake until lightly toasted, about 5 minutes. Set pecans aside to cool. Raise the oven temperature to 375 degrees (190 degrees C).
- ☐ Chop pecans finely, and then combine in a shallow bowl with the salt and pepper.
- ☐ Place the flour in another shallow bowl. In a third bowl, whisk the eggs together until well blended. First dip each pork chop into the flour, shaking off any excess. Then dip the chops into the egg, and finally into the finely chopped pecans.
- ☐ In a large oven-proof frying pan, melt the butter over a medium heat. Arrange the pork chops in a single layer in the pan. Cook, turning once, until golden on both sides, 5 to 6 minutes total.
- ☐ Place the frying pan in the preheated oven, and bake until firm to the touch and pale pink when cut in the center, about 10 to 12 minutes. Do not allow the nut coating to burn.
- ☐ Transfer the pork chops to a warmed platter, and garnish with parsley sprigs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:5.9, Inflammation Score:-5, Nutrition Score:26.674782563811%

Flavonoids

Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg, Cyanidin: 3.54mg Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg, Delphinidin: 2.4mg Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg, Catechin: 2.39mg Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg, Epigallocatechin: 1.86mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3–gallate: 0.76mg, Epigallocatechin 3–gallate: 0.76mg, Epigallocatechin 3–gallate: 0.76mg, Epigallocatechin 3–gallate: 0.76mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 555.57kcal (27.78%), Fat: 40.94g (62.98%), Saturated Fat: 9.62g (60.15%), Carbohydrates: 12.76g (4.25%), Net Carbohydrates: 9.29g (3.38%), Sugar: 1.43g (1.58%), Cholesterol: 186.67mg (62.22%), Sodium: 484.23mg (21.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.82g (71.65%), Vitamin B1: 1.2mg (80.18%), Selenium: 55.97µg (79.95%), Manganese: 1.58mg (79.19%), Vitamin B3: 11.73mg (58.64%), Vitamin B6: 1.08mg (54.24%), Phosphorus: 450.97mg (45.1%), Zinc: 3.94mg (26.26%), Vitamin B2: 0.45mg (26.21%), Copper: 0.5mg (25.23%), Magnesium: 80.08mg (20.02%), Potassium: 680.42mg (19.44%), Vitamin B5: 1.65mg (16.51%), Vitamin B12: 0.92µg (15.3%), Fiber: 3.48g (13.9%), Iron: 2.4mg (13.31%), Folate: 37.14µg (9.28%), Vitamin D: 1.08µg (7.21%), Vitamin E: 1.04mg (6.92%), Vitamin A: 332.07IU (6.64%), Calcium: 48.88mg (4.89%), Vitamin K: 4.61µg (4.39%)