



Peppered Citrus-Pork Chops

READY IN



26 min.

SERVINGS



4

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 eggs
- 0.3 cup milk fat-free
- 2 Tbsp flour
- 1 tsp coarse ground pepper black
- 1 juice of lime
- 1 lb pork chops bone-in trimmed
- 0.7 oz env. seasons dressing mix italian good

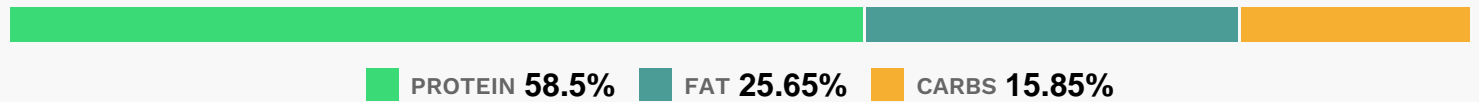
Equipment

frying pan

Directions

- Beat egg and milk in shallow dish or pie plate; set aside.
- Mix dressing mix, flour and pepper in separate shallow dish or pie plate.
- Dip both sides of chops in egg mixture, then in dressing mixture, turning to evenly coat both sides of each chop.
- Heat large nonstick skillet on medium heat.
- Add chops; cover. Cook 6 min.; uncover. Cook 5 min. on each side or until chops are done (160F).
- Drizzle with lime juice.

Nutrition Facts



Properties

Glycemic Index:35.06, Glycemic Load:2.38, Inflammation Score:-2, Nutrition Score:14.760434886684%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 195.52kcal (9.78%), Fat: 5.32g (8.19%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 7.14g (2.6%), Sugar: 0.95g (1.06%), Cholesterol: 119.62mg (39.87%), Sodium: 460.08mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.32g (54.64%), Selenium: 45.81µg (65.44%), Vitamin B6: 0.88mg (43.75%), Vitamin B1: 0.62mg (41.54%), Vitamin B3: 8.13mg (40.64%), Phosphorus: 293.53mg (29.35%), Vitamin B2: 0.32mg (18.55%), Zinc: 2.36mg (15.72%), Potassium: 470.69mg (13.45%), Vitamin B12: 0.75µg (12.56%), Vitamin B5: 1.09mg (10.86%), Magnesium: 34.92mg (8.73%), Iron: 1.16mg (6.44%), Vitamin D: 0.84µg (5.61%), Manganese: 0.1mg (5.17%), Calcium: 50.61mg (5.06%), Copper: 0.1mg (4.86%), Folate: 13.17µg (3.29%), Vitamin C: 2.25mg (2.73%), Vitamin A: 97.12IU (1.94%), Vitamin E: 0.29mg (1.91%), Fiber: 0.26g (1.03%)