



Pork Chop and Roasted Red Pepper Bake

READY IN



45 min.

SERVINGS



6

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.5 cup juice of lemon
- ☐ 1 cup milk
- ☐ 36 ounce center-cut pork loin chops
- ☐ 7 ounce roasted bell peppers red drained sliced

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 cup seasoned bread crumbs
- ☐ 0.5 cup vegetable oil
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Line a baking pan with foil or coat with nonstick spray.
- ☐ Combine flour and bread crumbs in a shallow bowl. In a small bowl, beat eggs and water together.
- ☐ In a large skillet, heat oil over medium heat. Dip chops in egg mixture, dredge in flour and crumb mixture, and arrange chops in hot skillet. Lightly brown chops until golden brown on both sides and cooked through.
- ☐ Remove from skillet, and place on prepared baking pan. Top chops with strips of roasted red peppers. Set aside.
- ☐ In small saucepan, melt butter over medium heat. Slowly add flour, stirring with whisk until light brown. Slowly whisk milk into flour, and continue whisking until sauce thickens.
- ☐ Remove from heat, and stir in mushrooms and lemon juice. Season to taste with salt and pepper. Evenly top each chop with mushroom white sauce.
- ☐ Bake in preheated oven until golden brown, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:13.73, Inflammation Score:-7, Nutrition Score:32.054782556451%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 583.79kcal (29.19%), Fat: 27.23g (41.9%), Saturated Fat: 11.08g (69.26%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 34.54g (12.56%), Sugar: 4.06g (4.51%), Cholesterol: 193.67mg (64.56%), Sodium: 899.54mg (39.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.99g (91.99%), Selenium: 76.13µg (108.76%), Vitamin B1: 1.57mg (104.35%), Vitamin B3: 17.03mg (85.17%), Vitamin B6: 1.41mg (70.73%), Phosphorus: 539.53mg (53.95%), Vitamin B2: 0.72mg (42.16%), Vitamin C: 24.12mg (29.24%), Potassium: 910.55mg (26.02%), Zinc: 3.6mg (24.03%), Manganese: 0.45mg (22.46%), Vitamin B12: 1.34µg (22.4%), Folate: 85.77µg (21.44%), Vitamin B5: 2.13mg (21.3%), Iron: 3.55mg (19.71%), Magnesium: 71.88mg (17.97%), Vitamin K: 16.93µg (16.13%), Copper: 0.29mg (14.37%), Calcium: 128.06mg (12.81%), Vitamin A: 597.48IU (11.95%), Vitamin D: 1.45µg (9.69%), Fiber: 2.25g (9.01%), Vitamin E: 1.01mg (6.72%)