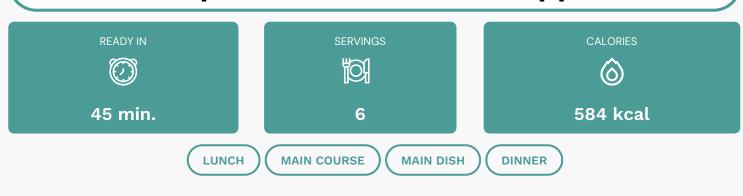


Pork Chop and Roasted Red Pepper Bake



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 receppers. 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, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, 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 %: O% (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%)