



Pork Chops Milanese with Creamed Spinach

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz baby spinach leaves
- 1 Tbsp butter
- 1 Tbsp grey poupon dijon mustard
- 2 cloves garlic
- 1 optional: lemon cut into 6 wedges
- 3 Tbsp real mayo mayonnaise kraft
- 1 Tbsp milk
- 4 oz philadelphia neufchatel cheese cubed ()

- 1 tsp oregano leaves dried
- 0.3 cup parmesan cheese grated kraft
- 1 pkt. shake 'n bake original pork seasoned coating mix
- 1.5 lb pork chops boneless

Equipment

- baking sheet
- sauce pan
- oven

Directions

- Heat oven to 425F.
- Pound chops between sheets of waxed paper to 1/4-inch thickness.
- Combine mayo and mustard.
- Mix coating mix, Parmesan and oregano in pie plate.
- Spread 1 tsp. mayo mixture onto top of 1 chop; place, mayo-side down, in coating mix. Repeat to coat other side of chop.
- Place on rimmed baking sheet sprayed with cooking spray. Repeat with remaining chops.
- Bake chops 12 to 15 min. or until done (160F). Meanwhile, melt butter in large saucepan on medium heat.
- Add garlic; cook and stir 1 min. Stir in Neufchatel and milk; cook 2 to 3 min. or until Neufchatel is melted, stirring constantly.
- Add 1/3 of the spinach; cook 2 min. or just until spinach is wilted, stirring frequently. Repeat with remaining spinach.
- Place chops on platter; top with spinach mixture.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:9.65, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:7.7565216681232%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 67.65kcal (3.38%), Fat: 4.33g (6.66%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 1.15g (0.38%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.3g (0.34%), Cholesterol: 20.9mg (6.97%), Sodium: 65.08mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Vitamin K: 57.52µg (54.78%), Vitamin A: 1119.01IU (22.38%), Selenium: 8.47µg (12.1%), Vitamin B1: 0.17mg (11.33%), Vitamin B6: 0.2mg (9.93%), Vitamin B3: 1.95mg (9.73%), Phosphorus: 71.01mg (7.1%), Vitamin C: 5.17mg (6.26%), Folate: 23.28µg (5.82%), Manganese: 0.11mg (5.71%), Potassium: 165.67mg (4.73%), Vitamin B2: 0.08mg (4.5%), Magnesium: 16.49mg (4.12%), Zinc: 0.51mg (3.39%), Calcium: 28.12mg (2.81%), Iron: 0.49mg (2.74%), Vitamin B12: 0.15µg (2.55%), Vitamin E: 0.35mg (2.36%), Vitamin B5: 0.22mg (2.16%), Fiber: 0.4g (1.61%), Copper: 0.03mg (1.6%)