



Quick Pork Parmesan

READY IN



40 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs dry fine
- 0.3 cup egg substitute
- 2 ounces mozzarella cheese shredded reduced-fat
- 2 tablespoons parmesan cheese grated
- 16 ounce center-cut pork loin chops boneless
- 1.5 cups spaghetti sauce with garlic and herbs low-fat

Equipment

- bowl

- frying pan
- oven
- plastic wrap
- baking pan
- rolling pin
- meat tenderizer

Directions

- Trim fat from pork chops.
- Place chops between two sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness, using a meat mallet or rolling pin.
- Combine breadcrumbs and Parmesan cheese in a small bowl. Dip chops in egg substitute; dredge in breadcrumb mixture.
- Coat a large nonstick skillet with cooking spray; place over medium heat until hot.
- Add chops, and cook 1 to 2 minutes on each side or until browned. Arrange chops in an 8-inch square baking dish coated with cooking spray.
- Pour spaghetti sauce over chops. Cover and bake at 350 for 25 minutes or until chops are tender. Uncover; sprinkle with mozzarella cheese.
- Bake 5 additional minutes or until cheese melts.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:1.58, Inflammation Score:-6, Nutrition Score:20.715217662894%

Nutrients (% of daily need)

Calories: 287.1kcal (14.35%), Fat: 11.58g (17.81%), Saturated Fat: 4.75g (29.66%), Carbohydrates: 12.36g (4.12%), Net Carbohydrates: 10.58g (3.85%), Sugar: 4.29g (4.77%), Cholesterol: 87.22mg (29.07%), Sodium: 717.14mg (31.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.42g (64.84%), Selenium: 49.47µg (70.66%), Vitamin B1: 0.89mg (59.11%), Vitamin B3: 10.6mg (53.02%), Vitamin B6: 0.96mg (47.8%), Phosphorus: 388.22mg (38.82%),

Vitamin B2: 0.42mg (24.43%), Potassium: 761.94mg (21.77%), Zinc: 2.74mg (18.25%), Calcium: 181.17mg (18.12%),
Vitamin B5: 1.43mg (14.26%), Vitamin B12: 0.83µg (13.89%), Magnesium: 53.52mg (13.38%), Iron: 2.22mg (12.35%),
Vitamin E: 1.75mg (11.66%), Vitamin A: 525.91IU (10.52%), Copper: 0.2mg (10%), Manganese: 0.19mg (9.67%),
Vitamin C: 6.51mg (7.89%), Fiber: 1.78g (7.13%), Folate: 21.72µg (5.43%), Vitamin D: 0.75µg (4.99%), Vitamin K:
3.47µg (3.3%)