



## Shake n' Shimmy Pork Chops

READY IN



95 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brown sugar
- 3 large eggs beaten
- 4 servings kosher salt and pepper black freshly ground
- 2 cups panko bread crumbs
- 0.5 cup parmesan finely grated
- 2 tablespoons parsley leaves chopped
- 4 pork chops
- 0.3 teaspoon salt
- 3 tablespoons sugar

- 4 servings vegetable oil for grill grates
- 2 quarts water

## Equipment

- pot
- casserole dish
- grill
- ziploc bags
- kitchen towels

## Directions

- Watch how to make this recipe.
- Add the the water, salt, sugar and brown sugar to a large pot, and put the pork chops into the brine, allowing them to soak for 1 hour.
- Preheat a grill to medium heat.
- Add the panko, cheese, parsley, salt, and pepper, to taste, to a large heavy duty resealable plastic bag.
- Add the beaten eggs to a casserole dish.
- Remove the pork chops from brine. Dredge the chops through the eggs and shake them, 1 at a time, in the bread crumb mixture.
- Oil the grill grates with a clean tea towel dipped in vegetable oil.
- Put the chops on the grill and cook for 10 minutes with the lid shut. Flip the pork chops and cook, covered, for another 10 minutes.
- Transfer the chops to a serving platter and serve.

## Nutrition Facts

PROTEIN **28.5%**  FAT **48.27%**  CARBS **23.23%**

## Properties

Glycemic Index:40.27, Glycemic Load:6.42, Inflammation Score:-5, Nutrition Score:28.608695538148%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 599.61kcal (29.98%), Fat: 31.73g (48.82%), Saturated Fat: 9.01g (56.3%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 32.92g (11.97%), Sugar: 14.01g (15.56%), Cholesterol: 237.78mg (79.26%), Sodium: 708.49mg (30.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.15g (84.3%), Selenium: 66.34µg (94.77%), Vitamin B1: 1.21mg (80.37%), Vitamin B3: 12.79mg (63.93%), Vitamin K: 61.01µg (58.11%), Vitamin B6: 1.09mg (54.38%), Phosphorus: 514.78mg (51.48%), Vitamin B2: 0.59mg (34.44%), Calcium: 253.35mg (25.33%), Zinc: 3.41mg (22.74%), Vitamin B12: 1.3µg (21.65%), Potassium: 638.48mg (18.24%), Vitamin B5: 1.78mg (17.85%), Iron: 3.04mg (16.9%), Magnesium: 63.92mg (15.98%), Manganese: 0.32mg (15.83%), Folate: 53.69µg (13.42%), Copper: 0.26mg (13.24%), Vitamin E: 1.78mg (11.87%), Vitamin A: 474.51IU (9.49%), Vitamin D: 1.35µg (8.99%), Fiber: 1.44g (5.77%), Vitamin C: 2.66mg (3.22%)