



Sweet Smothered Pork Chops

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



667 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon rosemary dried
- 1 teaspoon ground pepper black
- 1 tablespoon honey
- 1 cup mayonnaise
- 1 cup panko bread crumbs
- 4 pork chops
- 1 teaspoon salt

Equipment

- oven
- baking pan
- kitchen thermometer
- spatula

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly coat the inside of a baking dish with butter or butter substitute.
- Arrange pork chops in the prepared baking dish; season with salt and pepper.
- Spread mayonnaise over the tops of each pork chop with a spatula.
- Sprinkle panko bread crumbs over the mayonnaise.
- Drizzle honey over the bread crumbs. Season each chop with rosemary.
- Bake pork chops in the preheated oven until no longer pink in the center, about 45 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts

PROTEIN 19.12% **FAT 71.11%** **CARBS 9.77%**

Properties

Glycemic Index:51.07, Glycemic Load:2.55, Inflammation Score:-4, Nutrition Score:22.666087198517%

Nutrients (% of daily need)

Calories: 666.62kcal (33.33%), Fat: 52.08g (80.12%), Saturated Fat: 10.06g (62.87%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 15.06g (5.48%), Sugar: 5.56g (6.18%), Cholesterol: 113.3mg (37.77%), Sodium: 1111.65mg (48.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.51g (63.02%), Vitamin K: 93.09µg (88.66%), Selenium: 49.51µg (70.73%), Vitamin B1: 1.05mg (69.84%), Vitamin B3: 11.72mg (58.58%), Vitamin B6: 1.01mg (50.34%), Phosphorus: 340.7mg (34.07%), Vitamin B2: 0.32mg (19.06%), Zinc: 2.41mg (16.09%), Potassium: 554.69mg (15.85%), Vitamin B12: 0.83µg (13.83%), Vitamin E: 2.03mg (13.52%), Vitamin B5: 1.16mg (11.64%), Manganese: 0.23mg (11.5%), Magnesium: 43.92mg (10.98%), Iron: 1.73mg (9.63%), Copper: 0.14mg (6.78%), Folate: 20.58µg (5.14%), Calcium: 50.6mg (5.06%), Vitamin D: 0.65µg (4.32%), Fiber: 1.02g (4.1%), Vitamin A: 60.13IU (1.2%)