



WHATSheATE



Tonkatsu - Asian-style Pork Chop

READY IN



40 min.

SERVINGS



8

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon milk
- ☐ 1.5 cups panko crumbs
- ☐ 0.5 teaspoon pepper
- ☐ 8 pork chops thin cut boneless
- ☐ 8 servings salt to taste
- ☐ 1 cup vegetable oil for frying

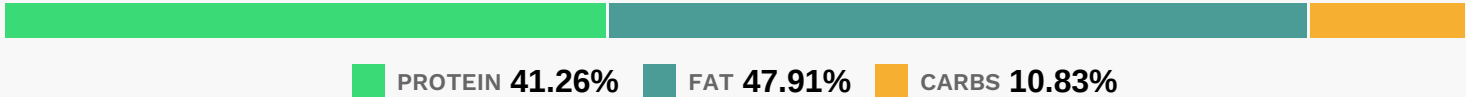
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a medium bowl, mix together the eggs, milk, garlic, salt and pepper.
- ☐ Heat oil in a large heavy skillet over medium-high heat.
- ☐ Place the panko crumbs in a shallow bowl.
- ☐ Rinse pork chops with water, then dip in the egg mixture. Coat with panko crumbs, dip in the egg mixture again, then coat with another layer of panko crumbs.
- ☐ Lay coated chops on a plate until the rest are finished. If you have time, let them set for about 10 minutes, and the coating will set very well. If you wish to freeze the chops, now is the time.
- ☐ When the oil is very hot, place pork chops into the pan, and fry for about 5 minutes on each side, until golden brown.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:18.369130754276%

Nutrients (% of daily need)

Calories: 317.01kcal (15.85%), Fat: 16.42g (25.26%), Saturated Fat: 4.61g (28.8%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 7.81g (2.84%), Sugar: 0.77g (0.86%), Cholesterol: 130.77mg (43.59%), Sodium: 356.37mg (15.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.81g (63.62%), Selenium: 50.61µg (72.3%), Vitamin B1: 1.01mg (67.19%), Vitamin B3: 11.46mg (57.31%), Vitamin B6: 1.01mg (50.41%), Phosphorus: 344.3mg (34.43%), Vitamin B2: 0.34mg (20.28%), Zinc: 2.39mg (15.92%), Potassium: 540.44mg (15.44%), Vitamin B12: 0.85µg (14.18%), Vitamin B5: 1.21mg (12.1%), Vitamin K: 11.01µg (10.48%), Magnesium: 41.34mg (10.33%), Iron: 1.42mg (7.91%), Manganese: 0.14mg (6.77%), Copper: 0.11mg (5.7%), Vitamin D: 0.76µg (5.09%), Vitamin E: 0.75mg (4.98%), Folate: 17.23µg (4.31%), Calcium: 37.91mg (3.79%), Fiber: 0.54g (2.17%), Vitamin A: 66.47IU (1.33%)