

Perfect Fried Pork Chops

Yield: 6 min
Total Time: 19 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-breaded-pork-chop-recipe>

Ingredients:

- 6 pork chops I buy the thick ones at Costco and cut them thinner myself
- salt
- pepper
- garlic powder
- 1 1/2 cups panko bread crumbs Japanese
- 1 1/2 cups Italian bread crumbs
- 2 eggs beaten
- 2 tablespoons milk
- 1 cup flour
- oil for frying, I use coconut oil cuz we loves it

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 145 milligrams
4. Fat: 13 grams
5. Fiber: 3 grams
6. Protein: 43 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1050 milligrams
9. Sugar: 3 grams

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