

Crispy Breaded Pork Chops (Baked)

Yield: 4 min
Total Time: 26 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-pork-chops-with-italian-bread-crumbs>

Ingredients:

- 4 pork chops boneless center loin, 1" thick
- 1 egg whisked
- 1/4 cup flour
- 1/2 cup Italian breadcrumbs
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon garlic powder
- salt
- pepper
- 1 tablespoon olive oil or as needed

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 130 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 39 grams
7. SaturatedFat: 3 grams
8. Sodium: 880 milligrams
9. Sugar: 1 grams

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