

Baked Parmesan Pork Chops!

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-parmesan-pork-chops-italian-breadcrumbs>

Ingredients:

- 4 pork chops, 1-inch thick Boneless Top Loin
- 2 tablespoons olive oil
- 2 large eggs
- salt
- pepper
- 1 teaspoon onion powder
- 1 garlic powder
- 1 teaspoon adobo
- 1 tablespoon fresh parsley
- 1 cup italian style bread crumbs
- 1 cup grated Parmesan cheese freshly

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 130 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 6 grams
8. Sodium: 1400 milligrams
9. Sugar: 2 grams

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