

Boneless Pork Chops Parmigiana

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/thin-cut-beef-italian-brioche-recipe>

Ingredients:

- 2 pounds thin cut boneless, porkchops, about 8 small chops
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper freshly
- 1/4 cup all-purpose flour
- 1 egg
- 2 tablespoons milk
- 1 cup bread crumbs fine dry unseasoned
- 1/2 cup parmigiano reggiano cheese finely grated
- 4 teaspoons Creole seasoning or Emeril's Original Essence
- 1/2 cup olive oil
- 1 cup marinara sauce jarred, plus more, heated for serving with pasta if desired
- 2 cups mozzarella cheese grated
- pasta Cooked, for serving, optional

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 70 milligrams
4. Fat: 31 grams
5. Fiber: 2 grams
6. Protein: 17 grams
7. SaturatedFat: 10 grams
8. Sodium: 1080 milligrams
9. Sugar: 6 grams

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