

# Lightly Breaded Fried Pork Chop

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 4 pork chops with or without fat
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 3/4 cup all purpose flour
- 1/2 cup cooking oil

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 75 milligrams
4. Fat: 34 grams
5. Fiber: 1 grams
6. Protein: 36 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 650 milligrams

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