



Parmesan Porkchops

Pan fried and easy to make, but the taste is amazing!

Prep Time: 5

Cook Time: 12

Ready In: 17 min

Serving Size: 6 servings

Ingredients

- ✓ 2 large Eggs
- ✓ 1 cup bread crumbs
- ✓ $\frac{3}{4}$ cup grated parmesan cheese
- ✓ 6 thin cut pork chops (1 lbs or pork chops)
- ✓ 3 tbsp of olive oil
- ✓ 2 tbsp of butter

Directions

1. Whisk together eggs in a medium bowl. Place bread crumbs in a separate plate, and the cheese in a 3rd place.
2. Season pork chops with salt & pepper.
3. Coat pork chops by 1st placing it in the bowl with whisked eggs. 2nd coat the chop with the bread crumbs by rolling in plate on both sides. 3rd place the pork chop in the final place containing the parmesan coating both sides.
4. Heat the olive oil and butter in a large skillet over medium heat. Add pork chops and cook about 6 minutes on each side, or until a nice golden brown and the temperature reaching over 150 in the center of the meat.

Nutrition

Amount per serving

- ❖ Calories: 263
- ❖ Total Fat: 15 g
- ❖ Total Carbs: 14 g
- ❖ Protein: 17 g
- ❖ Cholesterol: 47 mg
- ❖ Sodium: 779 mg