

Crispy Baked Pork Chops and Potatoes

*All-Time Favorites Volume 6
Better Homes and Gardens Magazine*

Servings: 4

1 egg
2 tablespoons milk
1 cup corn bread stuffing mix,
crushed
4 (1 to 1-1/2 pounds total) pork
loin chops, cut 1/2-inch thick
salt (to taste)
black pepper (to taste)
1 package (20 ounce) frozen roasted
tri-cut potatoes

Preparation Time: 10 minutes

Bake: 15 minutes

Preheat the oven to 425 degrees.

In a shallow dish, beat the egg with a fork. Stir in the milk. Place the stuffing mix in another shallow dish.

Trim the fat from the pork chops. Season the chops with salt and pepper. Dip the chops into the egg mixture. Coat both sides with stuffing mix. Arrange the chops in a single layer on one side of a 15x10x1-inch baking pan.

Spread the potatoes on the opposite side of the pan, mounding the potatoes as needed to fit.

Bake, uncovered, for 15 to 20 minutes or until the pork is done and the potatoes are lightly browned and crisp, turning the pork and stirring the potatoes once.

Per Serving (excluding unknown items): 151 Calories; 7g Fat (41.3% calories from fat); 21g Protein; trace Carbohydrate; 0g Dietary Fiber; 101mg Cholesterol; 60mg Sodium. Exchanges: 3 Lean Meat; 0 Non-Fat Milk; 0 Fat.

Pork

Per Serving Nutritional Analysis

Calories (kcal):	151	Vitamin B6 (mg):	.4mg
% Calories from Fat:	41.3%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	1.2%	Thiamin B1 (mg):	.8mg

% Calories from Protein: 57.4%
 Total Fat (g): 7g
 Saturated Fat (g): 2g
 Monounsaturated Fat (g): 3g
 Polyunsaturated Fat (g): 1g
 Cholesterol (mg): 101mg
 Carbohydrate (g): trace
 Dietary Fiber (g): 0g
 Protein (g): 21g
 Sodium (mg): 60mg
 Potassium (mg): 390mg
 Calcium (mg): 34mg
 Iron (mg): 1mg
 Zinc (mg): 2mg
 Vitamin C (mg): trace
 Vitamin A (i.u.): 76IU
 Vitamin A (r.e.): 22RE

Riboflavin B2 (mg): .3mg
 Folic Acid (mcg): 9mcg
 Niacin (mg): 5mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Daily Value: 0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 3
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 151 Calories from Fat: 63

% Daily Values*

Total Fat 7g 10%
 Saturated Fat 2g 12%
Cholesterol 101mg 34%
Sodium 60mg 2%
Total Carbohydrates trace 0%
 Dietary Fiber 0g 0%
Protein 21g

Vitamin A 2%
Vitamin C 1%
Calcium 3%
Iron 5%

* Percent Daily Values are based on a 2000 calorie diet.