

Air Force Personnel Center



Operation Refresh

Parmesan-Crusted Pork

MSgt Adrienne Mimms
AFPC/SVOFA



■ Ingredients

■ Preparation Method

■ Nutritional Information



Ingredients for 25 Servings

- 9 ½ lbs boneless loin pork chops
- 6 cups bread crumbs
- 3 1/2 cups liquid eggs
- 1 tbsp dried Basil
- 1 tbsp dried Oregano
- 1 tbsp dried Parsley flakes
- 1 teaspoon Rosemary
- 1 teaspoon Thyme
- ½ teaspoon Paprika
- 3 ¼ cup Grated Parmesan cheese
- 2 teaspoon salt
- 2 ½ teaspoons ground black pepper
- 2 ¼ cup cooking oil



Preparation Method

- Whisk the eggs to blend; then set aside.
- Blend bread crumbs, basil, oregano, dried parsley, rosemary thyme, paprika and ½ teaspoon of black pepper; then set aside
- Place the cheese in shallow dish; then set aside.
- Sprinkle the pork chops generously with salt and pepper





Preparation Method Cont.

- Coat the chops completely with the cheese, patting to adhere.
- Dip the chops into the eggs, then coat completely with the bread crumbs, patting to adhere.





Preparation Method Cont.

- Heat oil over medium heat
- Cook pork chops until golden brown and the center reaches 150 degrees, about 4-6 minutes per side.





Nutritional Information

Nutrition Facts

Serving Size (170g)

Amount Per Serving

Calories 450

% Daily Values*

Total Fat 30g **46%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 65mg **22%**

Sodium 630mg **26%**

Total Carbohydrate 15g **5%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 29g **58%**

* Percent Daily Values are based on a 2,000 calorie diet.

Go for Green:

Red