

# Parmesan Crusted Pork Chops

Quick and Easy Pan Fried Pork Chops that are finished by baking them with a crunchy Parmesan coating!



Prep Time  
10 mins

Cook Time  
15 mins

Total Time  
25 mins

Course: Main Course    Cuisine: American    Servings: 4 servings  
Calories: 349kcal    Author: [Julie Evink](#)

★★★★★  
4.73 from 22 votes

## Ingredients

- 4 boneless pork chops
- 1/4 c. Parmesan cheese grated
- 2 Tbsp Italian seasoned breadcrumbs
- 1/4 tsp smoked paprika
- 1 tsp dried parsley
- 1/2 tsp garlic powder
- 1/4 tsp fresh ground pepper
- 2 Tbsp olive oil

## Instructions

1. Preheat oven to 450 degrees.
2. Mix Parmesan cheese, breadcrumbs, paprika, parsley, garlic powder and pepper together in a pie plate.
3. Put olive oil in a frying pan and heat on medium-high. Swirl the pan to coat.
4. Dip each pork chop in the bread crumb mixture. Pat to make it stick if needed.
5. Add pork chops to pan and saute for 2 minutes on each side until golden brown. Place in a glass baking dish or leave it in the pan if it is oven safe.
6. Place pork chops in preheated oven for 8-10 minutes or until internal temp reaches 145 degrees. Remove from oven and let rest for 5 minutes.

## Nutrition

Serving: 1g | Calories: 349kcal | Carbohydrates: 4g | Protein: 35g | Fat: 20g | Saturated Fat: 6g | Cholesterol: 99mg | Sodium: 369mg | Potassium: 524mg | Vitamin A: 175IU | Calcium: 194mg | Iron: 1mg