

**Panko-Breaded Pork Chops with Asian Noodles**

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**Heart Healthy**

This dish follows the American Heart Association's recommendations for living a heart-lifestyle.

**Multigrain/ Whole Wheat**

**Dish With**  
Steamed Vegetables

**Maximum Order Quantity: 6**

Six juicy pork chops marinated in soy sauce with a hint of red pepper. Rolled in panko breadcrumbs for a crispy finish. Toss with angel hair pasta and a flavorful sauce including honey, ginger, green onion, cilantro, sesame oil, low sodium soy sauce and rice vinegar. Add chili garlic sauce (to your liking) for just the right heat.

**Nutrition Facts Servings: 6**

**Pork Chops**

| Amount/Serving                  |          |
|---------------------------------|----------|
| <b>Calories</b>                 | 230      |
| Fat Cal.                        | 72       |
| <b>Total Fat</b>                | 8g       |
| Sat. Fat                        | 2.5g     |
| Trans Fat                       | 0g       |
| <b>Cholest.</b>                 | 95mg     |
| <b>Sodium</b>                   | 620mg    |
| <b>Total Carb</b>               | 15g      |
| Dietary Fiber                   | 0g       |
| Sugars                          | 1g       |
| <b>Protein</b>                  | 25g      |
| <b>Weight Watchers® Points®</b> | <b>5</b> |

**Asian Noodles**

| Amount/Serving                  |          |
|---------------------------------|----------|
| <b>Calories</b>                 | 270      |
| Fat Cal.                        | 45       |
| <b>Total Fat</b>                | 5g       |
| Sat. Fat                        | 1g       |
| Trans Fat                       | 0g       |
| <b>Cholest.</b>                 | 0mg      |
| <b>Sodium</b>                   | 370mg    |
| <b>Total Carb</b>               | 47g      |
| Dietary Fiber                   | 2g       |
| Sugars                          | 5g       |
| <b>Protein</b>                  | 8g       |
| <b>Weight Watchers® Points®</b> | <b>5</b> |

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**At-Home Cooking Directions**

**PORK/STOVETOP:** Preheat 2 Tbsp oil in an extra-large skillet over medium-low heat. Place 3 pork chops at a time in bag with the breadcrumbs and shake until evenly coated and add to skillet. Sauté chops 5-7 minutes per side or until light golden brown and internal temperature reaches 160°F.  
**PORK/OVEN:** Preheat oven to 400°F. Place 3 pork chops at a time in bag with the breadcrumbs and shake until evenly coated. Add to a baking pan. Bake chops 15-20 minutes or until internal temperature reaches 160°F.  
**PASTA:** Bring 3 quarts of water to a boil. Add pasta and cook for 4-6 minutes or until tender. Drain and toss with the contents of the sauce container.



Cook Method  
**Stovetop**



Cook Time  
**10 minutes**



Alternate Cook Method  
**Oven**



Thawing Instructions  
**Thaw in Fridge or Microwave on Defrost**

**Ingredients\***

Pork Chops, Panko Breadcrumbs (wheat flour, sugar, salt, dried yeast, caramel (color), calcium propionate, soybean oil, and turmeric extract (color), Cayenne Pepper, Chili Garlic Sauce, Cilantro, Liquid Egg, Flour, Ginger, Honey, Lemon Juice, Sesame Oil, Onion Powder, Green Onion, Pasta ( durum semolina, niacin, ferrous sulfate (iron), thiamine mononitrate, riboflavin, folic acid), Salt, Low Sodium Soy Sauce (water, wheat, soybeans, salt, lactic acid, sodium benzoate less than 1/10 of 1% as a preservative), Rice Vinegar. CONTAINS: WHEAT, EGG, SOY

\* Items may contain common allergens or come in contact with other allergens that are prepared in this facility. Substitutions may occur. Please contact your local store directly to verify ingredients if you have any specific questions. Nutritional Data is based on 6 servings.