



Breaded Pork Cutlets

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



128 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon rubbed sage dried
- 0.5 teaspoon thyme dried
- 3 large egg whites lightly beaten
- 0.3 cup flour all-purpose
- 0.8 teaspoon kosher salt
- 4 lemon wedges
- 2 ounce pork chops boneless (1/)

- 2 teaspoons vegetable oil
- 2 ounce sandwich bread white

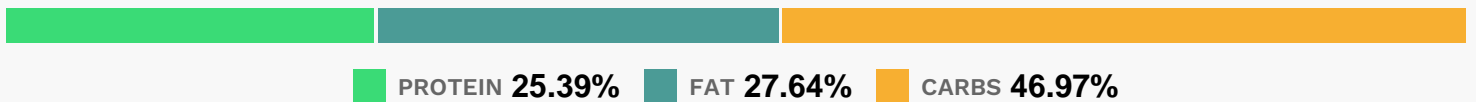
Equipment

- food processor
- frying pan

Directions

- Place bread slices in a food processor; pulse 10 times or until coarse crumbs measure 1 cup.
- Place breadcrumbs in a shallow dish.
- Combine salt, pepper, sage, and thyme; sprinkle over both sides of pork.
- Place flour in a shallow dish; place egg whites in another shallow dish. Dredge pork in flour, dip in egg whites, and dredge in breadcrumbs.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add pork to pan. Cook 2 1/2 minutes or until lightly browned. Lightly coat surface of chops with cooking spray; turn chops over. Cook 2 1/2 minutes or until done.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:51.82, Glycemic Load:9.61, Inflammation Score:-3, Nutrition Score:6.4191303402185%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 127.67kcal (6.38%), Fat: 3.93g (6.05%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 15.04g (5.01%), Net Carbohydrates: 13.89g (5.05%), Sugar: 1.41g (1.56%), Cholesterol: 9.5mg (3.17%), Sodium: 552.17mg (24.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.27%), Selenium: 15.67µg (22.39%), Vitamin B1: 0.24mg (15.8%), Vitamin B2: 0.21mg (12.48%), Vitamin C: 9.61mg (11.64%), Vitamin B3: 2.32mg (11.61%), Manganese: 0.19mg (9.48%), Folate: 33.42µg (8.36%), Vitamin B6: 0.14mg (6.84%), Iron: 1.22mg (6.8%), Vitamin K: 6.96µg (6.62%), Phosphorus: 63.74mg (6.37%), Fiber: 1.16g (4.62%), Calcium: 42.43mg (4.24%), Potassium: 147.56mg (4.22%), Magnesium: 14.16mg (3.54%), Vitamin B5: 0.3mg (2.98%), Zinc: 0.43mg (2.87%), Copper: 0.05mg (2.7%), Vitamin E: 0.28mg (1.85%), Vitamin B12: 0.1µg (1.62%)