



WHATSheATE



Colombian Breaded Pork Cutlets (Chuleta Valluna o Lomo de Cerdo Apanado)

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup bread crumbs
- ☐ 4 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 3 tablespoons onions finely chopped
- ☐ 6 servings bell pepper

- ☐ 2 pounds pork loin
- ☐ 6 servings salt
- ☐ 3 tablespoons scallions finely chopped
- ☐ 6 tablespoons vegetable oil

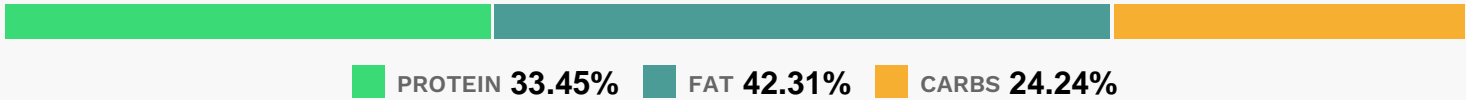
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ baking paper
- ☐ ziploc bags

Directions

- ☐ Cut the pork loin into 6 pieces and place them between sheets of parchment paper then pound them until each piece is about ¼" thick.
- ☐ Place the cutlets in a large plastic bag and add the onions, scallions, garlic and cumin powder, turning the bag to be sure the meat is covered.
- ☐ Let pork marinate for at least 3 hours or overnight.
- ☐ Place flour and sazón Goya in a dish and mix. In a second dish beat the eggs. In a third dish place the bread crumbs.
- ☐ Remove the pork from the marinade and pat dry with paper towels. One at a time coat the pork with the flour mixture, dip in the eggs and coat with bread crumbs. Be sure they are well coated. In a large non-stick skillet, heat 2 tablespoons of the oil over medium heat, place 2 cutlets at a time and fry about 3 minutes per side or until golden.
- ☐ Transfer to a plate lined with paper towels. Clean the skillet with paper towels between batches and continue cooking the pork in the same way you did with the first batch.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:9.85, Inflammation Score:-9, Nutrition Score:33.920435076175%

Flavonoids

Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 514.92kcal (25.75%), Fat: 23.91g (36.79%), Saturated Fat: 5.17g (32.32%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 27.83g (10.12%), Sugar: 4.7g (5.22%), Cholesterol: 204.37mg (68.12%), Sodium: 445.8mg (19.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.54g (85.08%), Vitamin C: 96.77mg (117.3%), Selenium: 61.06µg (87.23%), Vitamin B6: 1.46mg (73.2%), Vitamin B1: 1.03mg (68.43%), Vitamin B3: 11.59mg (57.97%), Vitamin A: 2523.26IU (50.47%), Phosphorus: 469.91mg (46.99%), Vitamin B2: 0.64mg (37.4%), Vitamin K: 36.25µg (34.52%), Folate: 98.84µg (24.71%), Zinc: 3.7mg (24.68%), Potassium: 839.77mg (23.99%), Manganese: 0.42mg (20.83%), Vitamin B5: 2mg (19.97%), Iron: 3.44mg (19.11%), Vitamin E: 2.84mg (18.95%), Vitamin B12: 1.1µg (18.25%), Magnesium: 65.04mg (16.26%), Fiber: 3.01g (12.03%), Copper: 0.2mg (10.02%), Vitamin D: 1.19µg (7.94%), Calcium: 72.18mg (7.22%)