



Corn Bread-Crusted Pork Cutlets

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

Ingredients

- ☐ 2.3 cups seasoned corn bread stuffing mix (such as Stove Top)
- ☐ 1 tablespoon dijon mustard
- ☐ 0.8 cup buttermilk low-fat
- ☐ 1 tablespoon onion grated
- ☐ 16 ounce pork cutlets (1/)
- ☐ 0.5 teaspoon poultry seasoning
- ☐ 1 sprigs thyme leaves fresh

Equipment

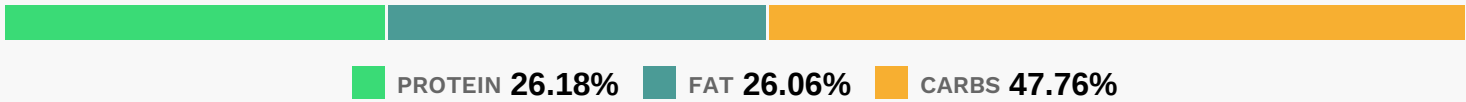
- ☐ food processor

- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Combine first 4 ingredients in a large baking dish.
- ☐ Add pork, turning to coat. Marinate in refrigerator 30 minutes, turning pork occasionally.
- ☐ Place stuffing mix in a food processor, and process until finely crushed.
- ☐ Pour stuffing mix into a shallow dish or pie plate.
- ☐ Remove pork from baking dish, and discard marinade. Dredge both sides of pork cutlets in stuffing mix, pressing to coat thoroughly.
- ☐ Place pork cutlets on a baking sheet coated with cooking spray, and bake at 425 for 12 minutes or until done.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.08, Inflammation Score:-6, Nutrition Score:23.330434773279%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 510.13kcal (25.51%), Fat: 14.55g (22.38%), Saturated Fat: 4.23g (26.43%), Carbohydrates: 59.98g (19.99%), Net Carbohydrates: 54.36g (19.77%), Sugar: 19.05g (21.17%), Cholesterol: 78.29mg (26.1%), Sodium: 835.59mg (36.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.88g (65.77%), Vitamin B1: 1.16mg (77.42%), Phosphorus: 713.07mg (71.31%), Selenium: 45.93µg (65.62%), Vitamin B3: 12.18mg (60.92%), Vitamin B6: 0.99mg (49.38%), Vitamin B2: 0.51mg (30.19%), Fiber: 5.61g (22.45%), Folate: 79.94µg (19.98%), Potassium: 612.25mg

(17.49%), Zinc: 2.5mg (16.68%), Iron: 2.85mg (15.85%), Manganese: 0.31mg (15.47%), Magnesium: 58.32mg (14.58%), Vitamin B5: 1.38mg (13.8%), Vitamin B12: 0.75µg (12.52%), Calcium: 111.19mg (11.12%), Copper: 0.15mg (7.34%), Vitamin K: 6.24µg (5.94%), Vitamin A: 136.91IU (2.74%), Vitamin D: 0.34µg (2.27%), Vitamin E: 0.32mg (2.12%), Vitamin C: 1.16mg (1.41%)