



Country-Fried Pork Nuggets

READY IN



28 min.

SERVINGS



6

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups buttermilk
- ☐ 6 servings canola oil for frying
- ☐ 1 tablespoon cayenne
- ☐ 1 tablespoon chives chopped
- ☐ 1 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup jalapeño peppers minced
- ☐ 2 pounds pork loin cut into chunks

- ☐ 6 servings salt and freshly cracked pepper black
- ☐ 1 shallots minced
- ☐ 2 tablespoons paprika smoked
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 1.5 cups whole-grain mustard

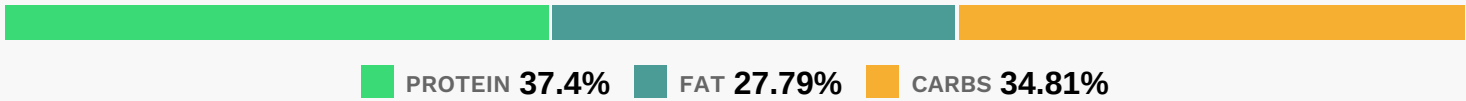
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat a deep-fryer or heavy-bottomed pot, with enough canola oil to come halfway up the sides of the pot, to 375 degrees F.
- ☐ In a medium-sized bowl, mix together the chives, jalapenos, shallots, garlic, white wine vinegar, and mustard. Season with salt and pepper, to taste. Set aside.
- ☐ Season the pork with salt and pepper, to taste. In a medium-sized bowl, whisk the buttermilk and egg together. In a large bowl, combine the flour, paprika, cayenne, salt and pepper, to taste. Coat the pork on all sides in the buttermilk.
- ☐ Drain the pork from the buttermilk and add the chunks to the flour. Toss the pork in the flour insuring all of the pork is coated evenly. Shake off excess flour. Working in batches, deep-fry the nuggets until cooked through and crisp, about 3 to 4 minutes.
- ☐ Remove the pork from the fryer to a paper towel lined platter to drain.
- ☐ Transfer the pork to a serving platter and serve with jalapeno mustard.

Nutrition Facts



Properties

Glycemic Index:48.33, Glycemic Load:24.55, Inflammation Score:-9, Nutrition Score:30.952173906824%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 479.45kcal (23.97%), Fat: 14.65g (22.53%), Saturated Fat: 3.77g (23.56%), Carbohydrates: 41.27g (13.76%), Net Carbohydrates: 36.1g (13.13%), Sugar: 4.75g (5.28%), Cholesterol: 129.13mg (43.04%), Sodium: 1124.94mg (48.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.34g (88.69%), Selenium: 82.13µg (117.33%), Vitamin B1: 1.16mg (77.61%), Vitamin B6: 1.35mg (67.48%), Vitamin B3: 11.91mg (59.53%), Phosphorus: 534.36mg (53.44%), Vitamin B2: 0.71mg (41.63%), Vitamin A: 1797.19IU (35.94%), Manganese: 0.66mg (33.02%), Zinc: 3.91mg (26.09%), Iron: 4.68mg (25.99%), Potassium: 900.14mg (25.72%), Magnesium: 93.33mg (23.33%), Folate: 91.86µg (22.96%), Fiber: 5.16g (20.66%), Vitamin B5: 1.94mg (19.4%), Vitamin B12: 1.11µg (18.54%), Calcium: 139.15mg (13.91%), Vitamin E: 2.02mg (13.46%), Copper: 0.25mg (12.58%), Vitamin D: 1.53µg (10.21%), Vitamin K: 7.65µg (7.29%), Vitamin C: 2.56mg (3.11%)