



Crisp sage & Parmesan pork with red apple coleslaw

READY IN



30 min.

SERVINGS



4

CALORIES



461 kcal

Ingredients

- ☐ 24 oz g pork loin steaks fat trimmed
- ☐ 2 slices bread white
- ☐ 1 handful sage leaves
- ☐ 25 g parmesan finely grated
- ☐ 1 eggs beaten
- ☐ 1 tbsp oil
- ☐ 0.5 cabbage shredded white finely
- ☐ 4 tbsp natural yogurt low-fat
- ☐ 2 red-skinned apples halved sliced

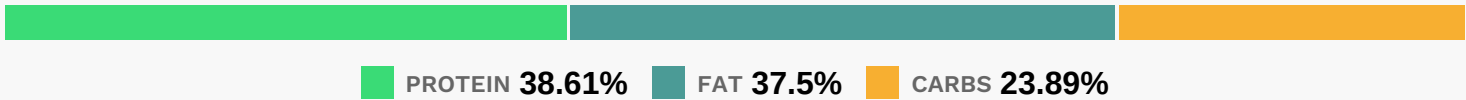
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking paper
- ☐ rolling pin

Directions

- ☐ Lay the pork steaks between two sheets of cling film or baking paper and bash with a rolling pin until approx 1cm thick. Whizz the bread in a food processor to make breadcrumbs.
- ☐ Add the sage and pulse a few more times to roughly chop the leaves.
- ☐ Mix in the Parmesan and spread over a large plate. Season with black pepper.
- ☐ One by one, dip each steak into the beaten egg, allow the excess to drip off, then press into the breadcrumb mix on both sides. Set aside.
- ☐ Heat the oil in a large non-stick frying pan and fry the steaks for 3-4 mins on each side until cooked through. Meanwhile, mix the cabbage, buttermilk or yogurt and apple, then season.
- ☐ Serve the steaks with the coleslaw and a lemon wedge, if using, for squeezing over.

Nutrition Facts



Properties

Glycemic Index:44.44, Glycemic Load:9.41, Inflammation Score:-6, Nutrition Score:38.616086586662%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.33mg, Kaempferol: 0.33mg

Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 460.55kcal (23.03%), Fat: 19.12g (29.42%), Saturated Fat: 6.23g (38.96%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 21.92g (7.97%), Sugar: 15.26g (16.96%), Cholesterol: 160.34mg (53.45%), Sodium: 292.48mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.3g (88.6%), Copper: 7.86mg (392.85%), Selenium: 64.99µg (92.84%), Vitamin B1: 1.31mg (87.05%), Vitamin K: 90.96µg (86.63%), Vitamin B6: 1.46mg (72.93%), Vitamin B3: 14.58mg (72.89%), Vitamin C: 45.89mg (55.62%), Phosphorus: 532.96mg (53.3%), Vitamin B2: 0.53mg (31.22%), Potassium: 1017.95mg (29.08%), Manganese: 0.56mg (27.84%), Zinc: 3.53mg (23.51%), Calcium: 222.53mg (22.25%), Fiber: 5.49g (21.96%), Vitamin B12: 1.19µg (19.77%), Magnesium: 77.55mg (19.39%), Vitamin B5: 1.91mg (19.15%), Folate: 73.22µg (18.3%), Iron: 2.46mg (13.65%), Vitamin E: 1.33mg (8.87%), Vitamin D: 0.93µg (6.21%), Vitamin A: 285.71IU (5.71%)