



HEALTH SCORE

75%

## Crispy Pork Cutlets with Capers, Lemon, Arugula, and Chopped Eggs



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



1280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 4 cups arugula packed (lightly )
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 3 cups breadcrumbs made from bread fresh french crustless
- ☐ 3 tablespoons capers drained
- ☐ 1 teaspoon coarse kosher salt plus 1 pinch
- ☐ 3 large eggs beaten to blend

- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 4 large hardboiled eggs peeled coarsely chopped room-temperature
- ☐ 1 optional: lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.8 cup parmesan cheese freshly grated
- ☐ 2 large heritage pork tenderloins ()

## Equipment

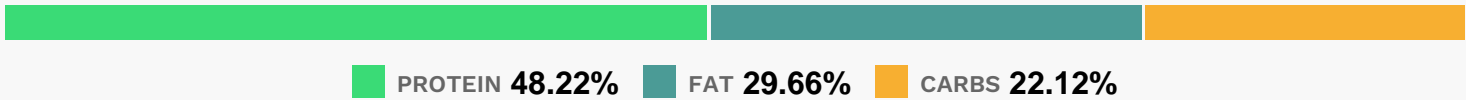
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ meat tenderizer

## Directions

- ☐ Set 1 rack on each of 2 rimmed baking sheets. Using small sharp knife, cut all peel and white pith from lemon. Quarter lemon lengthwise, then thinly slice crosswise. Cover and chill lemon slices; discard peel.
- ☐ Mix sage, thyme, 1 teaspoon coarse salt, and 1 teaspoon ground pepper in small bowl.
- ☐ Trim 2 inches from tapered ends of each tenderloin; reserve for another use.
- ☐ Cut tenderloins crosswise into 3/4-inch-thick slices. Using mallet or flat side of meat tenderizer, pound slices between 2 sheets of plastic wrap to 1/4-inch thickness.
- ☐ Sprinkle sage mixture over both sides of pork cutlets.
- ☐ Place flour in shallow bowl and place eggs in another shallow bowl.
- ☐ Mix breadcrumbs and cheese in another shallow bowl. Working with 1 cutlet at a time, dredge in flour, shaking off excess, then dip in egg to coat.

- ☐ Place in breadcrumb mixture and coat both sides, pressing to adhere. Divide between prepared racks. Chill at least 30 minutes and up to 4 hours.
- ☐ Preheat oven to 250°F.
- ☐ Add enough oil to heavy large skillet to measure depth of 1/4 inch.
- ☐ Heat over medium-high heat. Working in batches, cook pork until browned and cooked through, about 2 minutes per side.
- ☐ Transfer to another baking sheet; place in oven to keep warm.
- ☐ Divide cutlets among 6 plates.
- ☐ Sprinkle capers and lemon slices over.
- ☐ Mix arugula with 2 tablespoons extra-virgin olive oil and large pinch of coarse salt. Mound arugula mixture over pork and sprinkle with chopped eggs.

## Nutrition Facts



## Properties

Glycemic Index:44.69, Glycemic Load:36.38, Inflammation Score:-9, Nutrition Score:61.092608700628%

## 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

## Nutrients (% of daily need)

Calories: 1280.07kcal (64%), Fat: 41.1g (63.22%), Saturated Fat: 12.48g (77.99%), Carbohydrates: 68.95g (22.98%), Net Carbohydrates: 62.94g (22.89%), Sugar: 8.02g (8.91%), Cholesterol: 621.24mg (207.08%), Sodium: 1672.26mg (72.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 150.34g (300.69%), Vitamin B1: 6.56mg (437.1%), Selenium: 243.31µg (347.58%), Vitamin B6: 4.88mg (244.09%), Vitamin B3: 47.34mg (236.7%), Phosphorus: 1830.49mg (183.05%), Vitamin B2: 2.74mg (161.11%), Zinc: 13.93mg (92.85%), Copper: 1.8mg (90.22%), Manganese: 1.73mg (86.29%), Potassium: 2737.43mg (78.21%), Vitamin B5: 7.07mg (70.66%), Iron: 12.02mg (66.8%), Vitamin B12: 3.91µg (65.09%), Magnesium: 235.47mg (58.87%), Folate: 162.82µg (40.7%), Calcium: 359.79mg (35.98%), Fiber: 6.01g (24.05%), Vitamin K: 25.09µg (23.89%), Vitamin D: 3.11µg (20.73%), Vitamin E: 3.03mg (20.17%),

Vitamin A: 774.46IU (15.49%), Vitamin C: 12.48mg (15.13%)