



Crispy Pork Cutlets with Citrus Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 2.5 cups bread crumbs dry
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup orange juice fresh
- ☐ 1 pound pork tenderloin cut into twelve 1/2-inch-thick slices and pounded 1/
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 tablespoon soya sauce

- ☐ 0.5 cup tangerine sections fresh coarsely chopped
- ☐ 4 servings vegetable oil for frying
- ☐ 2 tablespoons water

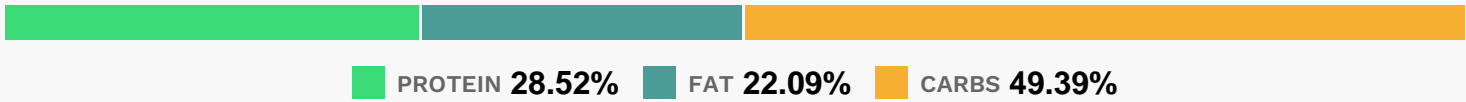
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ In a small bowl, stir the soy sauce with the mustard and the orange juice until combined. Set the sauce aside.
- ☐ Put the flour in a shallow bowl. In another shallow bowl, beat the eggs with the water.
- ☐ Spread the bread crumbs in a third shallow bowl. Season the pork slices with salt and pepper, then dredge them in the flour, shaking off the excess. Dip the slices in the beaten egg and then coat them completely with the pankobread crumbs.
- ☐ In a large skillet, heat 1/4 inch of vegetable oil until shimmering. Working in batches, fry the pork slices over high heat until they are browned and crisp, about 2 minutes per side; if the pork browns too quickly, lower the heat.
- ☐ Transfer the fried pork to paper towels to drain, then keep the slices warm in a low oven while you fry the rest.
- ☐ Arrange the pork slices on plates. Top the pork slices with the chopped orange sections and serve, passing the citrus sauce at the table.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:10.67, Inflammation Score:-7, Nutrition Score:30.629130570785%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 3.79mg, Hesperetin: 3.79mg, Hesperetin: 3.79mg, Hesperetin: 3.79mg Naringenin: 2.77mg, Naringenin: 2.77mg, Naringenin: 2.77mg, Naringenin: 2.77mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 544.2kcal (27.21%), Fat: 13.11g (20.16%), Saturated Fat: 3.4g (21.28%), Carbohydrates: 65.93g (21.98%), Net Carbohydrates: 61.85g (22.49%), Sugar: 8.32g (9.24%), Cholesterol: 166.71mg (55.57%), Sodium: 1062.56mg (46.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.08g (76.15%), Vitamin B1: 1.93mg (128.96%), Selenium: 65.27µg (93.24%), Vitamin B3: 13.26mg (66.3%), Vitamin B6: 1.03mg (51.72%), Vitamin B2: 0.87mg (51.03%), Phosphorus: 469.37mg (46.94%), Manganese: 0.79mg (39.74%), Iron: 5.74mg (31.89%), Folate: 122.1µg (30.53%), Zinc: 3.59mg (23.95%), Potassium: 713.97mg (20.4%), Vitamin B5: 1.88mg (18.8%), Magnesium: 73.79mg (18.45%), Vitamin B12: 1.05µg (17.47%), Vitamin C: 14.27mg (17.29%), Copper: 0.34mg (16.99%), Fiber: 4.07g (16.29%), Calcium: 160.22mg (16.02%), Vitamin K: 9.78µg (9.31%), Vitamin A: 336.04IU (6.72%), Vitamin E: 0.87mg (5.79%), Vitamin D: 0.84µg (5.6%)