



Dinner Tonight: Pork Scaloppine with Brown Butter Salsa Verde

READY IN



45 min.

SERVINGS



2

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 fillet anchovy roughly chopped
- ☐ 5 tablespoons butter
- ☐ 1 tablespoon canola oil
- ☐ 1 tablespoon capers
- ☐ 0.5 cup cornmeal
- ☐ 0.5 cup flat parsley
- ☐ 0.3 cup flour
- ☐ 0.3 cup mint leaves fresh

- ☐ 0.5 clove garlic chopped
- ☐ 2 juice of lemon
- ☐ 0.3 cup parmesan grated
- ☐ 3 inch pork tenderloin
- ☐ 2 servings salt and pepper to taste

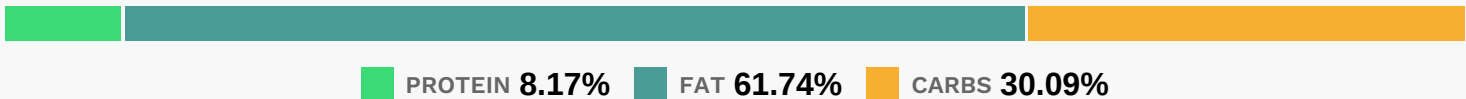
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ cutting board

Directions

- ☐ Bring 3 cups water to boil in a saucepan. When simmering, whisk in the cornmeal vigorously until it begins to thicken. Season with salt, cover, and cook over low heat until creamy and tender. Stir in water if needed to keep it a loose consistency. Just before serving, stir in 2 tablespoons of butter and most of the Parmesan, reserving some for garnish.
- ☐ In the meantime, combine the garlic, olive oil, and anchovy in a small food processor. Pulse to chop it well, then add the herbs and pulse until the herbs are finely chopped and you have an herb-y, pesto-like paste.
- ☐ Lay the pork slices on a cutting board between two sheets of plastic wrap and pound them gently until 1/8-inch thick. Season with salt, then dredge them in the flour. Shake off the excess and place them on a baking sheet.
- ☐ Serve the pork on the polenta and spoon the sauce over it. Top with freshly cracked black pepper and the remaining Parmesan.

Nutrition Facts



Properties

Glycemic Index:141.25, Glycemic Load:26.25, Inflammation Score:-9, Nutrition Score:20.816521737887%

Flavonoids

Eriodictyol: 3.2mg, Eriodictyol: 3.2mg, Eriodictyol: 3.2mg, Eriodictyol: 3.2mg Hesperetin: 4.91mg, Hesperetin: 4.91mg, Hesperetin: 4.91mg, Hesperetin: 4.91mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 32.62mg, Apigenin: 32.62mg, Apigenin: 32.62mg, Apigenin: 32.62mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 5.48mg, Kaempferol: 5.48mg, Kaempferol: 5.48mg, Kaempferol: 5.48mg Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg, Myricetin: 2.24mg Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg, Quercetin: 7.07mg

Nutrients (% of daily need)

Calories: 596.51kcal (29.83%), Fat: 41.62g (64.03%), Saturated Fat: 21.12g (132.01%), Carbohydrates: 45.63g (15.21%), Net Carbohydrates: 40.29g (14.65%), Sugar: 1.69g (1.88%), Cholesterol: 87.43mg (29.14%), Sodium: 746.38mg (32.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.39g (24.79%), Vitamin K: 254.78µg (242.65%), Vitamin A: 2483.29IU (49.67%), Vitamin C: 33.75mg (40.91%), Manganese: 0.48mg (23.79%), Phosphorus: 230.95mg (23.1%), Fiber: 5.34g (21.35%), Vitamin B1: 0.31mg (20.93%), Calcium: 203.54mg (20.35%), Folate: 80.37µg (20.09%), Iron: 3.45mg (19.14%), Selenium: 12.93µg (18.47%), Magnesium: 69.33mg (17.33%), Vitamin B6: 0.33mg (16.53%), Vitamin E: 2.43mg (16.23%), Vitamin B3: 2.84mg (14.18%), Zinc: 2.08mg (13.88%), Vitamin B2: 0.23mg (13.3%), Copper: 0.19mg (9.67%), Potassium: 337.9mg (9.65%), Vitamin B5: 0.57mg (5.69%), Vitamin B12: 0.24µg (4.03%)