



Escaped Birds

READY IN



40 min.

SERVINGS



8

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bread crumbs plain
- ☐ 2 ounces butter
- ☐ 2 cups corn oil
- ☐ 6 ounces ham diced
- ☐ 3 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups milk
- ☐ 8 servings nutmeg freshly ground
- ☐ 0.5 onion chopped

- ☐ 1 cup parmesan grated
- ☐ 21 ounces pork tenderloin diced
- ☐ 8 servings salt
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 7 ounces swiss cheese cut into 1/2-inch cubes
- ☐ 2 cups bechamel
- ☐ 2 cups bechamel

Equipment

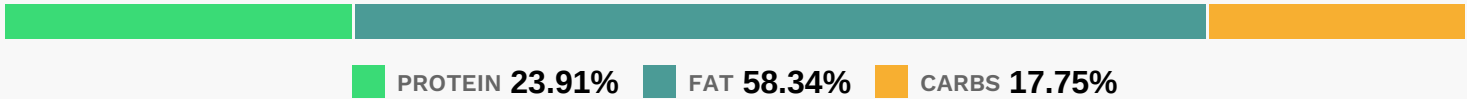
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Heat the milk in a small sauce pot over medium heat, then add salt and a little bit of nutmeg, to taste. In another pot melt the butter and add the flour. Stir it gently and as soon as you see some flour foaming pour the mixture into the hot milk. Lower the heat and keep stirring until it becomes creamy.
- ☐ Remove from the heat and set aside.
- ☐ In a heavy-bottomed pan over medium heat, add the oil. When the oil is hot, add the onion and fry for 3 minutes, then add the pork and fry until it's partly cooked, approximately 5 to 6 minutes.
- ☐ Remove the onion and pork from the pan to a plate and set aside to cool. Set up 3 dredging bowls.
- ☐ Mix the bread crumbs and the Parmesan in 1 bowl, add the cold bechamel in another bowl, and the eggs beaten with salt and pepper, to taste, in the third bowl.
- ☐ Using toothpicks spear a cube of pork, a cube of cheese and a piece of mortadella or ham onto each toothpick.

- ☐
- Roll the skewers first in the bread crumb mixture, then in the cold bechamel (with the help of a spoon), then in the beaten egg and finally coat again in the bread crumb mixture. Gently press the breading by hand to adhere the mixture. Reheat the oil and add the skewers (avoid turning too often, or the breading will break off). Once they become golden, about 5 minutes, gently remove them from the oil to paper towels to drain.
- ☐
- Transfer the "birds" to a serving platter and serve.

Nutrition Facts



Properties

Glycemic Index:46.75, Glycemic Load:4.18, Inflammation Score:-6, Nutrition Score:26.097826084365%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 646.3kcal (32.32%), Fat: 41.62g (64.03%), Saturated Fat: 16.51g (103.21%), Carbohydrates: 28.49g (9.5%), Net Carbohydrates: 26.61g (9.68%), Sugar: 5.65g (6.27%), Cholesterol: 175.79mg (58.6%), Sodium: 1034.92mg (45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.37g (76.74%), Selenium: 52.13µg (74.47%), Vitamin B1: 1.11mg (73.78%), Phosphorus: 581.76mg (58.18%), Calcium: 518.86mg (51.89%), Vitamin B2: 0.69mg (40.78%), Vitamin B3: 7.67mg (38.36%), Vitamin B6: 0.74mg (36.86%), Vitamin B12: 2.18µg (36.39%), Zinc: 4.21mg (28.07%), Manganese: 0.38mg (19.12%), Iron: 3.02mg (16.76%), Vitamin E: 2.44mg (16.29%), Potassium: 547.71mg (15.65%), Magnesium: 62.55mg (15.64%), Vitamin B5: 1.54mg (15.44%), Vitamin A: 672.76IU (13.46%), Folate: 50.59µg (12.65%), Copper: 0.21mg (10.32%), Vitamin D: 1.5µg (10%), Vitamin K: 8.34µg (7.94%), Fiber: 1.88g (7.51%)