



## Greek Pork Cutlets

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



173 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup cucumber seeded chopped
- 0.8 teaspoon thyme dried
- 1 tablespoon parsley fresh minced
- 2 garlic clove minced
- 0.1 teaspoon garlic powder
- 0.5 teaspoon juice of lemon
- 0.7 cup yogurt plain reduced-fat
- 1 tablespoon onion finely chopped

- 0.1 teaspoon pepper
- 1 pound pork tenderloin
- 1 small tomatoes seeded chopped

## Equipment

- bowl
- ziploc bags
- broiler pan

## Directions

- Cut pork into eight slices; flatten to 1/2-in. thickness. In a large resealable plastic bag, combine the onion, lemon juice, parsley, garlic, thyme and pepper; add pork. Seal bag and turn to coat; refrigerate for 4 hours or overnight. In a small bowl, combine the cucumber sauce ingredients. Cover and refrigerate until serving.
- Drain pork and discard marinade.
- Place on a broiler pan coated with cooking spray. Broil 4 in. from the heat for 6–8 minutes on each side or until juices run clear.
- Serve with cucumber sauce.

## Nutrition Facts

**PROTEIN 62.16%** **FAT 25.47%** **CARBS 12.37%**

## Properties

Glycemic Index:44.75, Glycemic Load:0.48, Inflammation Score:-5, Nutrition Score:18.556956488153%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## Nutrients (% of daily need)

Calories: 172.61kcal (8.63%), Fat: 4.74g (7.3%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.59g (1.67%), Sugar: 3.85g (4.28%), Cholesterol: 76.16mg (25.39%), Sodium: 90.11mg (3.92%), Alcohol: 0g (0%), Protein: 26.05g (52.11%), Vitamin B1: 1.15mg (76.78%), Selenium: 35.99µg (51.41%), Vitamin B6: 0.94mg (46.99%), Vitamin B3: 7.72mg (38.61%), Phosphorus: 347.82mg (34.78%), Vitamin B2: 0.48mg (28.38%), Vitamin K: 22.83µg (21.74%), Potassium: 637.06mg (18.2%), Zinc: 2.6mg (17.32%), Vitamin B12: 0.82µg (13.64%), Vitamin B5: 1.27mg (12.69%), Magnesium: 43.81mg (10.95%), Calcium: 94.73mg (9.47%), Iron: 1.57mg (8.71%), Vitamin C: 6.3mg (7.63%), Copper: 0.14mg (7.07%), Vitamin A: 316.5IU (6.33%), Manganese: 0.11mg (5.46%), Folate: 12.97µg (3.24%), Vitamin E: 0.41mg (2.77%), Fiber: 0.59g (2.37%), Vitamin D: 0.34µg (2.27%)