



Jagerschnitzel With Bacon Mushroom Gravy

READY IN



60 min.

SERVINGS



4

CALORIES



869 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 lb bacon diced
- 2 cups beef stock
- 2 cups mushrooms sliced
- 1 cup round buttery crackers unsalted crushed (Ritz crackers will work too)
- 1 eggs
- 1 cup flour all-purpose
- 1 teaspoon sea salt
- 1 teaspoon pepper fresh black
- 0.5 cup milk

- 2 teaspoons mustard
- 4 servings olive oil for frying
- 1 cup panko bread crumbs
- 1 teaspoon paprika
- 2 tablespoons parsley fresh italian chopped
- 1.5 lbs pork loin cut into 6-ounce servings
- 0.3 cup red wine
- 1 tablespoon salt
- 2 tablespoons butter unsalted room temperature
- 0.5 onion diced yellow

Equipment

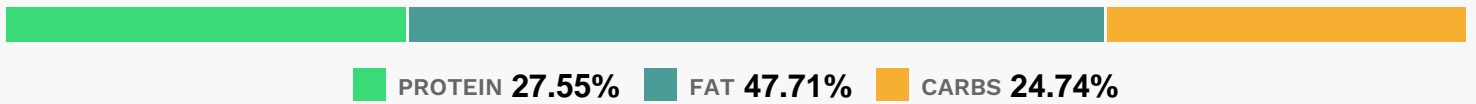
- bowl
- frying pan
- baking sheet
- paper towels
- oven
- wire rack
- plastic wrap

Directions

- Preheat oven to 350 degrees F. Pound pork slices between sheets of plastic wrap to 1/4-inch thickness. In a shallow medium bowl, mix together 3/4 cup flour with salt, pepper, garlic and paprika. In another shallow medium bowl, combine egg, milk and mustard. In another medium shallow bowl, combine cracker and panko crumbs. Dredge pork slices first in flour, then in egg wash, and finally in crumbs.
- Let set on a baking sheet fitted with a cooling rack for 5 minutes. In a medium saute pan over medium heat cook the bacon until crispy.
- Remove from pan to drain on paper towels. In same pan with bacon fat, add onions and saute for 3 minutes.

- Add mushrooms and continue sauteing for 2 minutes. Stir in 1/4 cup flour. Cook flour to make roux until light brown, about 2 minutes.
- Add wine and cook for 3 minutes, reducing by 1/3, then add stock. Continue cooking to reduce by 1/3 again. Season with salt and pepper. Keep warm.
- Heat 1/4-inch oil in thick saute pan or cast iron skillet to 350 degrees F. Cook pork evenly on both sides, about 5 minutes for the first side, 3 to 4 minutes for the second.
- Remove to platter when done.
- Add butter to sauce, stirring until it has melted. To serve, cover pork with sauce.
- Sprinkle with chopped bacon and fresh parsley to garnish.

Nutrition Facts



Properties

Glycemic Index:75.75, Glycemic Load:18.61, Inflammation Score:-8, Nutrition Score:38.339999613555%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg, Quercetin: 2.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 868.54kcal (43.43%), Fat: 44.96g (69.18%), Saturated Fat: 15.7g (98.14%), Carbohydrates: 52.48g (17.49%), Net Carbohydrates: 49.36g (17.95%), Sugar: 6.15g (6.83%), Cholesterol: 204.21mg (68.07%), Sodium: 2744.23mg (119.31%), Alcohol: 1.59g (100%), Alcohol %: 0.36% (100%), Protein: 58.42g (116.85%), Selenium: 84.7µg (121%), Vitamin B1: 1.49mg (99.06%), Vitamin B3: 18.6mg (92.99%), Vitamin B6: 1.68mg (84.13%), Phosphorus: 713.32mg (71.33%), Vitamin B2: 1.04mg (60.92%), Vitamin K: 45.18µg (43.03%), Potassium: 1347.7mg (38.51%), Zinc:

5.12mg (34.14%), Manganese: 0.61mg (30.6%), Vitamin B5: 2.93mg (29.28%), Iron: 5.24mg (29.13%), Folate: 106.64µg (26.66%), Vitamin B12: 1.5µg (24.95%), Copper: 0.47mg (23.69%), Magnesium: 92.79mg (23.2%), Vitamin A: 724.55IU (14.49%), Calcium: 136.73mg (13.67%), Vitamin E: 1.91mg (12.76%), Fiber: 3.12g (12.48%), Vitamin D: 1.66µg (11.09%), Vitamin C: 4.71mg (5.71%)