



Japanese-Style Crispy Pork

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup cornstarch
- 2 medium cucumbers
- 3 large eggs
- 1.5 teaspoons ginger finely grated peeled
- 0.3 cup make your own by mixing 2 tablespoons each ketchup with 1 tablespoon water.)
- 4 servings kosher salt
- 2 cups panko bread crumbs (Japanese breadcrumbs)
- 4 servings vegetable oil; peanut oil preferred for frying

- 1 pound pork chops thin-cut boneless trimmed
- 1.5 teaspoons pepper flakes red
- 2 tablespoons rice wine chinese
- 2 teaspoons rice wine vinegar
- 0.5 teaspoon sugar

Equipment

- bowl
- frying pan

Directions

- Season the pork with salt.
- Mix the rice wine and 1 teaspoon ginger and spread on the pork. Stack the pork and set aside.
- Peel, quarter and seed the cucumbers; cut into 4-inch spears. Toss with the sugar and vinegar. Toast the pepper flakes with 1 tablespoon salt in a skillet over medium heat, about 4 minutes; set aside.
- Beat the eggs with 1/2 cup water in a shallow bowl.
- Put the panko and cornstarch in 2 separate shallow bowls. Dredge each piece of pork in cornstarch, dip in egg, then coat with the panko.
- Heat 1/4 inch of peanut oil in a large skillet over high heat. Fry the pork in batches until golden, 3 to 4 minutes per side.
- Drain on a paper-towel-lined plate.
- Sprinkle the cucumbers with some of the spiced salt.
- Mix the tonkatsu sauce and the remaining 1/2 teaspoon ginger in a bowl.
- Serve the pork with the cucumbers and sauce.
- Photograph by Antonis Achilleos

Nutrition Facts



PROTEIN 28.01% FAT 29.78% CARBS 42.21%

Properties

Glycemic Index:37.52, Glycemic Load:0.59, Inflammation Score:-6, Nutrition Score:24.485651638197%

Flavonoids

Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 506.43kcal (25.32%), Fat: 16.13g (24.81%), Saturated Fat: 4.82g (30.15%), Carbohydrates: 51.43g (17.14%), Net Carbohydrates: 48.84g (17.76%), Sugar: 7.15g (7.94%), Cholesterol: 215.48mg (71.83%), Sodium: 673.89mg (29.3%), Alcohol: 1.21g (100%), Alcohol %: 0.44% (100%), Protein: 34.13g (68.26%), Selenium: 57.76µg (82.52%), Vitamin B1: 1.1mg (73.09%), Vitamin B3: 11.42mg (57.1%), Vitamin B6: 1.02mg (50.76%), Phosphorus: 411.21mg (41.12%), Vitamin B2: 0.56mg (32.91%), Potassium: 732.79mg (20.94%), Manganese: 0.41mg (20.57%), Zinc: 2.92mg (19.5%), Vitamin B5: 1.82mg (18.21%), Iron: 3.2mg (17.8%), Vitamin B12: 1.04µg (17.33%), Folate: 65.44µg (16.36%), Magnesium: 63.53mg (15.88%), Copper: 0.27mg (13.67%), Vitamin A: 578.72IU (11.57%), Calcium: 103.88mg (10.39%), Fiber: 2.59g (10.36%), Vitamin E: 1.54mg (10.28%), Vitamin K: 10.59µg (10.09%), Vitamin D: 1.2µg (8.02%), Vitamin C: 3.87mg (4.7%)