



Lemon, Parmesan & pine nut crumbed pork escalopes

READY IN



30 min.

SERVINGS



4

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork loin chops
- ☐ 3 slices sandwich bread white thick
- ☐ 1 lemon zest
- ☐ 50 g parmesan grated
- ☐ 50 g pinenuts
- ☐ 2 rosemary leaves picked
- ☐ 3 tbsp flour plain
- ☐ 2 eggs beaten

- ☐ 4 servings olive oil for shallow-frying
- ☐ 4 lemon wedges

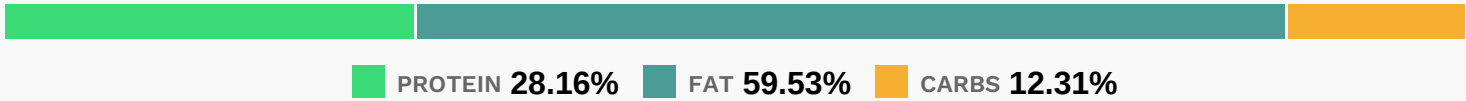
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Trim the fat from the steaks, then place, one at a time, between 2 pieces of baking parchment and bash with a rolling pin or meat mallet until about 5mm thick. Set aside.
- ☐ Put the bread, lemon zest, Parmesan, pine nuts and rosemary leaves in the bowl of a food processor and blitz to a fine crumb.
- ☐ Transfer to a shallow bowl.
- ☐ Spread the flour onto a plate and put the egg in a shallow bowl. Season the pork, then dust in flour. Dip each steak into the egg, then press into the crumbs, coating evenly.
- ☐ Heat the oil in a large frying pan and cook the pork for 2-3 mins each side until golden and crunchy.
- ☐ Serve immediately with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:68.07, Glycemic Load:10.1, Inflammation Score:-5, Nutrition Score:28.599130485369%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.36mg,

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 573.24kcal (28.66%), Fat: 37.96g (58.41%), Saturated Fat: 8.74g (54.63%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 15.94g (5.79%), Sugar: 2.16g (2.4%), Cholesterol: 180.12mg (60.04%), Sodium: 386.36mg (16.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.4g (80.8%), Selenium: 60.35µg (86.21%), Vitamin B1: 1.1mg (73.37%), Manganese: 1.27mg (63.7%), Vitamin B3: 12.55mg (62.76%), Vitamin B6: 1.07mg (53.55%), Phosphorus: 535.38mg (53.54%), Vitamin B2: 0.5mg (29.18%), Zinc: 3.73mg (24.88%), Vitamin E: 3.69mg (24.6%), Calcium: 219.58mg (21.96%), Magnesium: 82.43mg (20.61%), Potassium: 672.12mg (19.2%), Vitamin B12: 1.06µg (17.6%), Iron: 2.95mg (16.4%), Vitamin B5: 1.57mg (15.71%), Copper: 0.3mg (14.98%), Vitamin K: 15.5µg (14.76%), Vitamin C: 11.61mg (14.07%), Folate: 48.9µg (12.22%), Vitamin D: 1.04µg (6.92%), Fiber: 1.73g (6.92%), Vitamin A: 231.87IU (4.64%)