



Mexican Milanese Style Sandwiches (



Dairy Free



Very Healthy

READY IN



28 min.

SERVINGS



4

CALORIES



1770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 inch avocado
- ☐ 1 cup bread crumbs plain for dredging
- ☐ 1 chipotle chile in adobo sauce or canned
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose for dredging
- ☐ 12 pickled jalapeño canned
- ☐ 4 lettuce leaves optional
- ☐ 1 teaspoon juice of lime fresh

- ☐ 8 lime wedges for garnish
- ☐ 0.3 cup mayonnaise
- ☐ 16 ounce pork cutlets
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 4 telera rolls french
- ☐ 2 inch tomatoes
- ☐ 4 servings vegetable oil for shallow frying
- ☐ 12 slices onion white thin

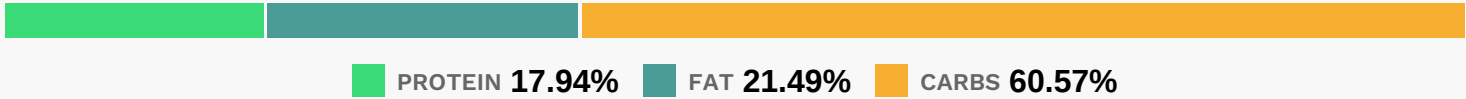
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Watch how to make this recipe.
- ☐ Season the cutlets with salt and pepper, to taste.
- ☐ Put the flour in a dinner plate and season with salt and pepper.
- ☐ Put the bread crumbs in a second plate and the beaten eggs in a shallow bowl. Dip the cutlets into the flour, then the eggs and finally into the bread crumbs, pressing down on both sides so that the bread crumbs adhere to the meat.
- ☐ Heat 1/2-inch oil in a large skillet to 350 degrees F. Pan-fry the cutlets in batches until golden, about 2 to 3 minutes per side depending on the thickness. Set aside to drain on paper towels.
- ☐ To assemble the sandwiches, halve the rolls horizontally. Pull out the soft center of the slices and discard.
- ☐ Spread each roll evenly with the Chipotle Mayonnaise.
- ☐ Put the cutlets on the bottom halves of the rolls and top with lettuce, tomato, avocado, onion and jalapeno. Arrange the sandwiches on serving plates and garnish with lime wedges.
- ☐ In a small bowl mash together the chipotle chile, lime juice and mayonnaise. Season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:93.63, Glycemic Load:179.12, Inflammation Score:-10, Nutrition Score:57.154347896576%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 15.59mg, Hesperetin: 15.59mg, Hesperetin: 15.59mg, Hesperetin: 15.59mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg, Isorhamnetin: 2.1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 1770.38kcal (88.52%), Fat: 42.26g (65.02%), Saturated Fat: 8.39g (52.43%), Carbohydrates: 268.05g (89.35%), Net Carbohydrates: 250.18g (90.98%), Sugar: 26.35g (29.28%), Cholesterol: 162.56mg (54.19%), Sodium: 2791.82mg (121.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 79.37g (158.74%), Vitamin B1: 4.2mg (279.92%), Selenium: 178.51µg (255.01%), Vitamin B3: 32.57mg (162.83%), Folate: 610.97µg (152.74%), Vitamin B2: 2.34mg (137.38%), Manganese: 2.72mg (135.98%), Iron: 21.1mg (117.25%), Phosphorus: 837.4mg (83.74%), Vitamin B6: 1.47mg (73.34%), Fiber: 17.87g (71.48%), Vitamin K: 54.36µg (51.77%), Magnesium: 190.33mg (47.58%), Zinc: 7.05mg (47.02%), Copper: 0.85mg (42.54%), Vitamin A: 1940.67IU (38.81%), Potassium: 1186.01mg (33.89%), Calcium: 312.36mg (31.24%), Vitamin B5: 2.99mg (29.9%), Vitamin C: 18.64mg (22.6%), Vitamin E: 3.07mg (20.49%), Vitamin B12: 0.89µg (14.76%), Vitamin D: 0.81µg (5.39%)