



Nutty crumb pork steaks

READY IN



20 min.

SERVINGS



4

CALORIES



301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 pork steaks thin
- ☐ 3 tbsp flour plain
- ☐ 1 eggs well beaten
- ☐ 85 g breadcrumbs fresh bought (or)
- ☐ 3 tbsp hazelnuts chopped
- ☐ 1 tsp thyme dried
- ☐ 1 lemon zest
- ☐ 3 tbsp unrefined sunflower oil light
- ☐ 1 knob butter

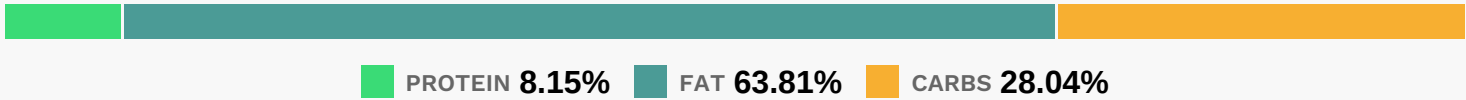
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Beat steaks between two sheets of non-stick baking paper, using a rolling pin, to the thickness of two 1 coins.
- ☐ Put the flour, eggs and crumbs into 3 shallow bowls.
- ☐ Mix the nuts, thyme and zest into the crumbs, then season.
- ☐ Coat the steaks in the flour, shaking off the excess. Then coat in the egg, and finally the crumbs, Again, shaking off any excess.
- ☐ Put the steaks on a large plate.
- ☐ Heat the oil in a frying pan until hot. Fry 2 steaks for 2 mins each side until firm and crisp.
- ☐ Add a little butter for the final few secs to coat. Set aside, and repeat (keep steaks warm in the oven).
- ☐ Serve with salad and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:3.19, Inflammation Score:-5, Nutrition Score:10.222608638846%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg

Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg

Nutrients (% of daily need)

Calories: 300.7kcal (15.03%), Fat: 21.63g (33.28%), Saturated Fat: 4.71g (29.42%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 19.26g (7%), Sugar: 1.77g (1.97%), Cholesterol: 52.81mg (17.6%), Sodium: 205.97mg (8.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.22g (12.43%), Vitamin E: 5.73mg (38.19%), Manganese: 0.73mg (36.38%), Vitamin B1: 0.31mg (20.72%), Selenium: 11.18µg (15.97%), Iron: 2.29mg (12.72%), Folate: 47.99µg (12%), Vitamin B2: 0.18mg (10.61%), Copper: 0.2mg (10.23%), Vitamin B3: 1.95mg (9.77%), Vitamin K: 9.45µg (9%), Phosphorus: 88.83mg (8.88%), Fiber: 2.12g (8.5%), Calcium: 64.47mg (6.45%), Magnesium: 25.24mg (6.31%), Vitamin B6: 0.1mg (4.95%), Zinc: 0.74mg (4.91%), Vitamin A: 206.15IU (4.12%), Vitamin B5: 0.41mg (4.06%), Potassium: 123.75mg (3.54%), Vitamin B12: 0.19µg (3.17%), Vitamin C: 2.58mg (3.13%), Vitamin D: 0.23µg (1.51%)