



HEALTH SCORE

85%

Oven-Fried Pork Cutlets with Apple Slaw



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



3061 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon celery seed
- ☐ 0.3 cup the dressing
- ☐ 4 cups coleslaw mix
- ☐ 1 eggs
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 4 pork loin boneless

- ☐ 0.3 cup saltines crushed finely
- ☐ 1 cup baking apples are apples that have a sweet-tart balance and hold their shape when red coarsely chopped
- ☐ 1 tablespoon water
- ☐ 0.5 cup frangelico
- ☐ 0.5 cup frangelico

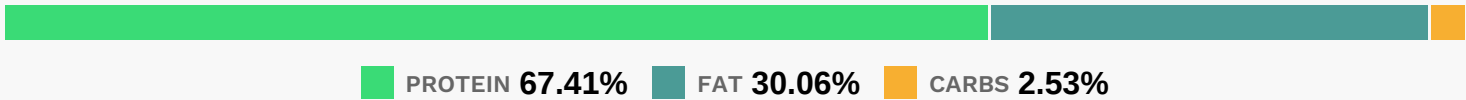
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ Heat oven to 425F. Generously spray 15x10x1-inch pan with cooking spray. Between sheets of plastic wrap or waxed paper, flatten each pork chop to about 1/4-inch thickness.
- ☐ In shallow dish, mix crackers, Bisquick mix, paprika and pepper. In another shallow dish, beat egg and water. Dip pork chops into egg, then coat with Bisquick mixture. Repeat dipping coated pork in egg and in Bisquick mixture.
- ☐ Place in pan. Generously spray tops of pork with cooking spray.
- ☐ Bake about 20 minutes or until golden brown and no longer pink in center. Toss all apple slaw ingredients.
- ☐ Serve slaw with pork.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:2.39, Inflammation Score:-10, Nutrition Score:64.70391308743%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 3060.69kcal (153.03%), Fat: 98.04g (150.83%), Saturated Fat: 28.99g (181.2%), Carbohydrates: 18.61g (6.2%), Net Carbohydrates: 15.65g (5.69%), Sugar: 10.47g (11.64%), Cholesterol: 1432.31mg (477.44%), Sodium: 1336.94mg (58.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 494.72g (989.44%), Selenium: 613.28µg (876.12%), Vitamin B6: 16.72mg (835.77%), Vitamin B1: 9.83mg (655.34%), Vitamin B3: 126.73mg (633.66%), Phosphorus: 5001.09mg (500.11%), Zinc: 39.9mg (265.99%), Vitamin B2: 4.24mg (249.24%), Potassium: 8415.91mg (240.45%), Vitamin B12: 11.32µg (188.61%), Vitamin B5: 16.76mg (167.64%), Magnesium: 585.92mg (146.48%), Iron: 12.92mg (71.78%), Vitamin K: 69.62µg (66.3%), Copper: 1.32mg (66.17%), Vitamin D: 9µg (60%), Vitamin C: 27.94mg (33.86%), Vitamin E: 3.92mg (26.1%), Manganese: 0.39mg (19.43%), Calcium: 153.41mg (15.34%), Fiber: 2.96g (11.84%), Folate: 46.91µg (11.73%), Vitamin A: 282.11IU (5.64%)