



Pan-Seared Pork Cutlets with Nectarine Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 teaspoons chili powder
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 4 cups nectarines peeled sliced
- ☐ 1 teaspoon olive oil

- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.5 teaspoon paprika
- ☐ 2 ounce pork loin cutlets
- ☐ 0.5 cup bottled salsa
- ☐ 0.3 teaspoon salt

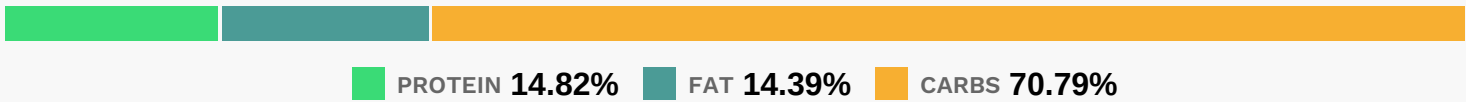
Equipment

- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients; rub mixture over both sides of pork.
- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add pork, and saut 2 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add salsa and preserves to skillet, and bring to a boil. Cook 1 minute. Stir in the nectarine slices, cilantro, and oregano, and cook mixture 1 minute or until thoroughly heated.
- ☐ Serve salsa with pork.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:4.79, Inflammation Score:-10, Nutrition Score:9.9852173898531%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg, Epicatechin: 3.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 141.65kcal (7.08%), Fat: 2.5g (3.85%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 23.13g (8.41%), Sugar: 19.15g (21.28%), Cholesterol: 8.93mg (2.98%), Sodium: 408.29mg (17.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.8g (11.59%), Vitamin A: 1194.57IU (23.89%), Vitamin K: 24.95µg (23.76%), Fiber: 4.57g (18.27%), Vitamin E: 2.4mg (15.97%), Vitamin B3: 3.08mg (15.39%), Manganese: 0.31mg (15.25%), Vitamin B6: 0.26mg (12.91%), Iron: 2.14mg (11.91%), Potassium: 410mg (11.71%), Copper: 0.2mg (10%), Phosphorus: 91.37mg (9.14%), Vitamin B1: 0.13mg (8.94%), Magnesium: 33.75mg (8.44%), Vitamin C: 6.53mg (7.91%), Selenium: 5.01µg (7.15%), Calcium: 66.62mg (6.66%), Vitamin B2: 0.11mg (6.39%), Zinc: 0.79mg (5.29%), Vitamin B5: 0.48mg (4.84%), Folate: 17.02µg (4.26%), Vitamin B12: 0.07µg (1.2%)