



HEALTH SCORE

70%

Panko Pork Cutlets with Pineapple and Ginger Salsa



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



3241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup flour ()
- ☐ 3 tablespoons canola oil
- ☐ 2 large eggs
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1.5 teaspoons ground cumin
- ☐ 2.5 cups seasoning cubes fresh peeled
- ☐ 1.3 cups panko bread crumbs (Japanese breadcrumbs)

- ☐ 4 pork loin boneless trimmed
- ☐ 2 tablespoons sugar
- ☐ 0.8 cup water ()
- ☐ 2 teaspoons citrus champagne vinegar

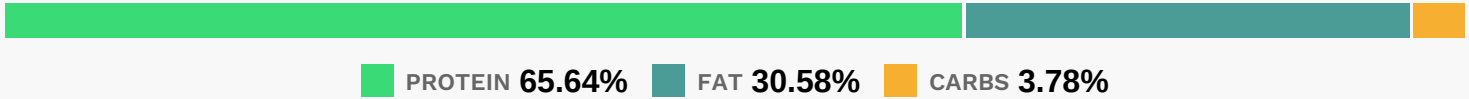
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Stir pineapple cubes, sugar, minced ginger, and 3/4 cup water in medium saucepan over medium-high heat until mixture comes to boil. Reduce heat to medium; cover and simmer until pineapple is soft, stirring often and adding more water by 1/4 cupfuls if dry, about 30 minutes. Stir in white wine vinegar. Season pineapple salsa to taste with salt and pepper.
- ☐ Meanwhile, pound pork between sheets of waxed paper to 1/2-inch thickness; sprinkle with salt and pepper.
- ☐ Whisk eggs in medium bowl to blend.
- ☐ Mix panko and ground cumin in another medium bowl.
- ☐ Place flour on plate. Dredge pork in flour; dip into beaten eggs, then turn in panko mixture to coat, pressing to adhere.
- ☐ Heat oil in heavy large skillet over medium heat.
- ☐ Add pork and cook until cooked through, about 5 minutes per side.
- ☐ Serve pork with pineapple salsa.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:9.98, Inflammation Score:-9, Nutrition Score:61.424782241168%

Nutrients (% of daily need)

Calories: 3241.47kcal (162.07%), Fat: 105.83g (162.81%), Saturated Fat: 29.2g (182.53%), Carbohydrates: 29.39g (9.8%), Net Carbohydrates: 28.16g (10.24%), Sugar: 8.57g (9.53%), Cholesterol: 1514.02mg (504.67%), Sodium: 2181.17mg (94.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 511.06g (1022.12%), Selenium: 624.03µg (891.47%), Vitamin B6: 16.65mg (832.34%), Vitamin B1: 10mg (666.79%), Vitamin B3: 128.02mg (640.11%), Phosphorus: 5034.72mg (503.47%), Zinc: 40.22mg (268.15%), Vitamin B2: 4.35mg (255.87%), Potassium: 8310.35mg (237.44%), Vitamin B12: 11.48µg (191.38%), Vitamin B5: 16.89mg (168.87%), Magnesium: 587.77mg (146.94%), Iron: 14.66mg (81.42%), Copper: 1.37mg (68.52%), Vitamin D: 9.28µg (61.87%), Vitamin E: 5mg (33.35%), Manganese: 0.43mg (21.63%), Calcium: 168.31mg (16.83%), Folate: 51.06µg (12.77%), Vitamin K: 8.87µg (8.45%), Fiber: 1.22g (4.89%), Vitamin A: 144.52IU (2.89%)