



Parmesan-Crusted Pork Loin Cutlets

READY IN



16 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 large eggs
- ☐ 0.3 cup flour
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 lemon wedges
- ☐ 0.3 cup parmesan cheese grated
- ☐ 3 slices crusts from 8 white
- ☐ 12 ounce pork loin
- ☐ 3 tablespoons vegetable oil

☐ 1 tablespoon water

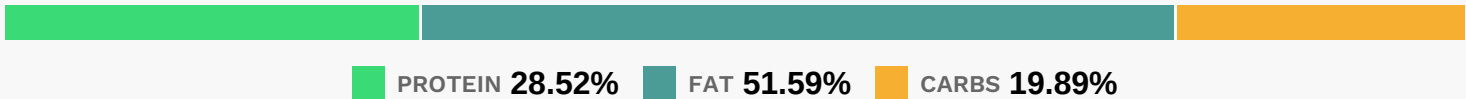
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Watch how to make this recipe.
- ☐ Cut the pork loin into 4 equally-portioned pork chops.
- ☐ Place each chop between 2 sheets of plastic wrap and pound with a meat mallet until the chop is about 1-inch thick.
- ☐ Place the bread in a food processor and pulse into large breadcrumbs.
- ☐ Add the Parmesan cheese, salt, and pepper, and pulse a few more times.
- ☐ Transfer the crumb mixture to a shallow bowl.
- ☐ Prepare a breading station: In a shallow bowl or plate, place the flour along with salt and pepper. In another shallow bowl, beat the egg with 1 tablespoon water, until the egg is no longer stringy, about 1 minute. Line up the flour, egg, and breadcrumbs in that order.
- ☐ Heat a large saute pan over medium-high heat, and add the vegetable oil and butter. Dip the pork chops in the flour to dust lightly, shake off the excess flour, then dip in the egg and finally the crumbs. Cook the pork until golden brown and cooked through, 2 to 3 minutes per side. Once cooked, remove to a paper towel-lined plate to blot the excess oil. Season the cutlets with salt, and pepper and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:64.32, Glycemic Load:11.2, Inflammation Score:-4, Nutrition Score:15.868695487147%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 365.02kcal (18.25%), Fat: 20.82g (32.03%), Saturated Fat: 6.27g (39.21%), Carbohydrates: 18.05g (6.02%), Net Carbohydrates: 16.88g (6.14%), Sugar: 1.53g (1.7%), Cholesterol: 114.86mg (38.29%), Sodium: 317.92mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.79%), Selenium: 37.42µg (53.46%), Vitamin B1: 0.55mg (36.53%), Vitamin B6: 0.71mg (35.28%), Vitamin B3: 6.28mg (31.38%), Phosphorus: 302.45mg (30.24%), Vitamin B2: 0.33mg (19.62%), Vitamin K: 19.41µg (18.48%), Zinc: 2.29mg (15.25%), Calcium: 131.73mg (13.17%), Potassium: 407.97mg (11.66%), Vitamin C: 9.54mg (11.56%), Vitamin B12: 0.66µg (11.06%), Folate: 43.59µg (10.9%), Vitamin B5: 1.03mg (10.26%), Iron: 1.83mg (10.16%), Manganese: 0.2mg (9.95%), Magnesium: 35.03mg (8.76%), Vitamin E: 1.27mg (8.49%), Copper: 0.1mg (5.24%), Fiber: 1.17g (4.69%), Vitamin A: 231.74IU (4.63%), Vitamin D: 0.63µg (4.21%)