



Parmesan Pork Cutlets

READY IN



45 min.

SERVINGS



4

CALORIES



544 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups arugula dried rinsed
- 1 cup bread crumbs dry
- 2 large eggs
- 0.5 cup flour all-purpose
- 1 teaspoon kosher salt
- 1 optional: lemon quartered
- 1 tablespoon olive oil extra-virgin
- 4 tablespoons olive oil
- 1 ounce parmesan grated

- 1 pound pork tenderloin
- 2 tomatoes sliced into wedges

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Heat oven to 400 F. Thinly slice the tenderloin on a diagonal into 8 pieces. Pound the slices to a 1/4-inch thickness.
- Place the flour on a plate.
- Place the eggs in a shallow bowl and beat lightly. In a separate bowl, combine the bread crumbs, salt, and Parmesan. Working in batches, lightly coat the cutlets first in the flour, then in the egg mixture (allowing any excess to drip off), and finally in the bread crumb mixture.
- Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat.
- Add 4 of the cutlets. Cook until golden, 1 to 2 minutes per side.
- Place the cutlets on a baking sheet. Wipe out the skillet and repeat with the remaining olive oil and cutlets.
- Transfer to oven and heat until the pork is cooked through, 8 to 10 minutes. Divide the arugula and tomatoes among individual plates and drizzle with the extra-virgin olive oil.
- Serve with the cutlets and lemon wedges. Tip: When it's not peak tomato season, try using intensely flavored Roma (plum) tomatoes instead of tomatoes on the vine. Use 2 Romas for each regular tomato.

Nutrition Facts



PROTEIN 26.42% FAT 45.82% CARBS 27.76%

Properties

Glycemic Index:49.38, Glycemic Load:9.96, Inflammation Score:-8, Nutrition Score:32.487391223078%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.53mg, Kaempferol: 10.53mg, Kaempferol: 10.53mg, Kaempferol: 10.53mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 544.24kcal (27.21%), Fat: 27.7g (42.61%), Saturated Fat: 6.1g (38.14%), Carbohydrates: 37.77g (12.59%), Net Carbohydrates: 34.16g (12.42%), Sugar: 4.77g (5.3%), Cholesterol: 171.53mg (57.18%), Sodium: 999.39mg (43.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.93g (71.86%), Vitamin B1: 1.56mg (103.79%), Selenium: 55.93µg (79.9%), Vitamin B3: 10.73mg (53.66%), Vitamin B6: 1.05mg (52.43%), Vitamin K: 50.12µg (47.73%), Phosphorus: 470.35mg (47.03%), Vitamin B2: 0.75mg (44.05%), Vitamin C: 27.24mg (33.01%), Vitamin A: 1422.76IU (28.46%), Folate: 111.02µg (27.76%), Manganese: 0.56mg (27.75%), Iron: 4.49mg (24.96%), Potassium: 850.32mg (24.29%), Vitamin E: 3.58mg (23.87%), Zinc: 3.4mg (22.68%), Calcium: 218.18mg (21.82%), Magnesium: 74.82mg (18.71%), Vitamin B5: 1.82mg (18.19%), Vitamin B12: 0.99µg (16.53%), Fiber: 3.61g (14.44%), Copper: 0.28mg (14.1%), Vitamin D: 0.88µg (5.84%)