



Pecan-Crusted Pork Noisettes

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 pound pork tenderloin trimmed
- ☐ 4 servings lemon wedges
- ☐ 0.3 cup panko bread crumbs
- ☐ 0.3 cup coarsely ground pecans
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

☐ 1 tablespoon water

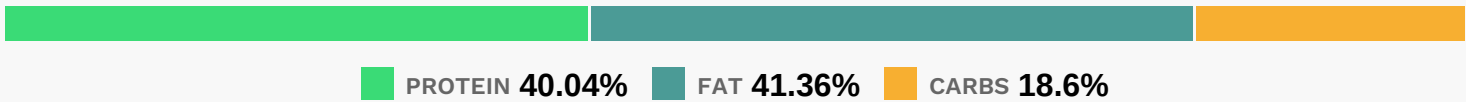
Equipment

- ☐ frying pan
- ☐ oven
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 350
- ☐ Combine pecans and panko; spread on a jelly-roll pan.
- ☐ Bake at 350 for 10 minutes.
- ☐ Place crumbs in a shallow dish.
- ☐ Place flour in a shallow dish.
- ☐ Combine water and egg in a shallow dish. Slice pork tenderloin crosswise into 8 slices.
- ☐ Place each pork slice between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet.
- ☐ Sprinkle pork with salt and pepper. Dredge in flour. Dip pork in egg mixture; dredge in crumbs. Melt 1 1/2 teaspoons butter in a large skillet over medium heat.
- ☐ Add half of pork to pan; cook 2 minutes on each side.
- ☐ Place pork on a jelly-roll pan. Repeat procedure with remaining pork and butter.
- ☐ Bake at 350 for 5 minutes.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:5.82, Inflammation Score:-4, Nutrition Score:19.866956519044%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 281.85kcal (14.09%), Fat: 12.8g (19.7%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 11.6g (4.22%), Sugar: 0.74g (0.82%), Cholesterol: 127.73mg (42.58%), Sodium: 282.74mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.77%), Vitamin B1: 1.32mg (88.13%), Selenium: 43.91µg (62.73%), Vitamin B6: 0.93mg (46.58%), Vitamin B3: 8.64mg (43.18%), Phosphorus: 348.39mg (34.84%), Vitamin B2: 0.53mg (31.11%), Manganese: 0.53mg (26.27%), Zinc: 2.83mg (18.86%), Potassium: 528.39mg (15.1%), Vitamin B5: 1.3mg (13.03%), Iron: 2.28mg (12.69%), Copper: 0.24mg (12.03%), Vitamin B12: 0.71µg (11.88%), Magnesium: 46.95mg (11.74%), Folate: 32.34µg (8.08%), Fiber: 1.36g (5.43%), Vitamin E: 0.59mg (3.94%), Vitamin A: 160.49IU (3.21%), Vitamin D: 0.48µg (3.18%), Calcium: 31.01mg (3.1%), Vitamin K: 1.14µg (1.08%)