



## Peppery Pork Biscuits

READY IN



45 min.

SERVINGS



12

CALORIES



221 kcal

### Ingredients

- ☐ 1.5 teaspoons pepper black freshly ground
- ☐ 12 servings let set min. spread
- ☐ 0.5 cup flour all-purpose
- ☐ 10 biscuits frozen
- ☐ 0.5 cup milk
- ☐ 1 pound pork tenderloin
- ☐ 1 teaspoon salt divided
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup cornmeal plain white

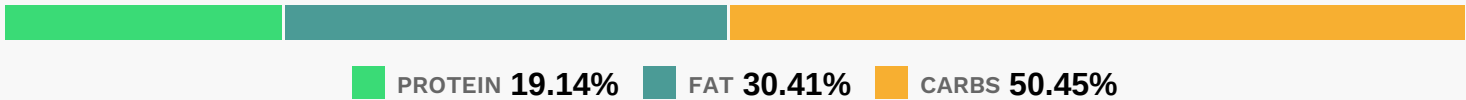
# Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wire rack
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

# Directions

- ☐ Remove silver skin from tenderloin, leaving a thin layer of fat.
- ☐ Cut tenderloin into 1-inch-thick pieces.
- ☐ Place each piece between 2 sheets of heavy-duty plastic wrap, and flatten to 1/8- to 1/4-inch thickness, using a rolling pin or flat side of a meat mallet.
- ☐ Stir together flour, cornmeal, pepper, and 1/2 tsp. salt in a shallow dish.
- ☐ Pour milk into a bowl.
- ☐ Sprinkle both sides of pork with remaining 1/2 tsp. salt. Dredge in flour mixture, shaking off excess. Dip in milk, and dredge in flour mixture again.
- ☐ Fry pork, in 2 batches, in hot oil in a 12-inch cast-iron skillet over medium heat 3 to 4 minutes on each side or until golden brown.
- ☐ Drain on a wire rack over paper towels.
- ☐ Serve on biscuits with jam.

# Nutrition Facts



# Properties

Glycemic Index:22.08, Glycemic Load:15.21, Inflammation Score:-2, Nutrition Score:9.1021739348121%

Nutrients (% of daily need)

Calories: 221.33kcal (11.07%), Fat: 7.42g (11.42%), Saturated Fat: 1.51g (9.46%), Carbohydrates: 27.72g (9.24%), Net Carbohydrates: 26.73g (9.72%), Sugar: 8.13g (9.03%), Cholesterol: 26.01mg (8.67%), Sodium: 434.03mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.51g (21.03%), Vitamin B1: 0.53mg (35.11%), Selenium: 17.93µg (25.62%), Phosphorus: 216.83mg (21.68%), Vitamin B3: 3.67mg (18.36%), Vitamin B6: 0.33mg (16.55%), Vitamin B2: 0.25mg (14.62%), Manganese: 0.19mg (9.44%), Iron: 1.57mg (8.73%), Potassium: 248.59mg (7.1%), Folate: 27.92µg (6.98%), Zinc: 1.01mg (6.75%), Magnesium: 21.53mg (5.38%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.28µg (4.72%), Vitamin K: 4.73µg (4.51%), Copper: 0.08mg (4.23%), Fiber: 0.99g (3.98%), Vitamin E: 0.57mg (3.79%), Calcium: 30.97mg (3.1%), Vitamin D: 0.23µg (1.5%), Vitamin C: 1.23mg (1.49%)