



Pork cordon bleu

READY IN



35 min.

SERVINGS



4

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork escalopes
- ☐ 4 slices emmental cheese
- ☐ 4 slices ham
- ☐ 100 g flour plain
- ☐ 125 g pack breadcrumb
- ☐ 1 eggs mixed with a good 1 tablespoon milk
- ☐ 4 servings oil for frying
- ☐ 1 optional: lemon cut into wedges, to serve

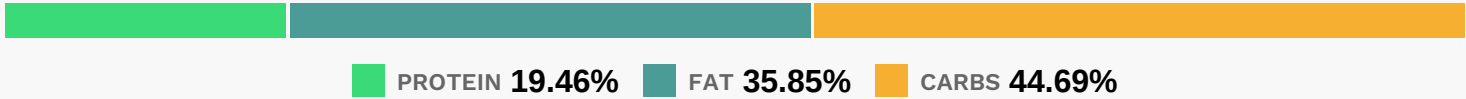
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 180C/fan 160C/gas
- ☐ Take the escalopes, and lay them on a board, place a slice of ham and cheese on top of each and fold over to make a parcel, press the edges together well. Take three different plates, put flour on one, breadcrumbs on another and egg on the next. Coat each parcel in the crumbs, then flour, followed by the egg, then coat in the crumbs again.
- ☐ Heat a little oil in a large heavy-based ovenproof pan, then add the crumbed parcels. Cook on one side until golden, about 4 mins, then turn them and put the pan in the oven, cook for 10 mins until cooked through.
- ☐ Serve with lemon wedges and steamed green veg.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:14.32, Inflammation Score:-5, Nutrition Score:16.016956536666%

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: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 399.08kcal (19.95%), Fat: 15.84g (24.36%), Saturated Fat: 5.75g (35.96%), Carbohydrates: 44.42g (14.81%), Net Carbohydrates: 41.58g (15.12%), Sugar: 2.72g (3.03%), Cholesterol: 74.09mg (24.7%), Sodium: 609.22mg (26.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.34g (38.68%), Vitamin B1: 0.68mg (45.59%), Selenium: 31.31µg (44.73%), Phosphorus: 262.16mg (26.22%), Vitamin B2: 0.42mg (24.62%), Vitamin B3: 4.84mg (24.22%), Manganese: 0.47mg (23.68%), Calcium: 227.38mg (22.74%), Folate: 89.7µg (22.42%), Iron:

3.29mg (18.28%), Vitamin C: 14.31mg (17.35%), Vitamin B12: 0.9µg (15%), Zinc: 2.18mg (14.52%), Fiber: 2.84g (11.36%), Vitamin B6: 0.21mg (10.37%), Magnesium: 33.35mg (8.34%), Copper: 0.16mg (8.24%), Vitamin B5: 0.7mg (7.03%), Potassium: 232.59mg (6.65%), Vitamin E: 0.89mg (5.93%), Vitamin K: 4.4µg (4.2%), Vitamin A: 206.44IU (4.13%), Vitamin D: 0.42µg (2.77%)