



Pork Cutlets with Apple Slaw

READY IN



45 min.

SERVINGS



4

CALORIES



781 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 celery stalks chopped
- 1 cup bread crumbs dry
- 2 eggs
- 0.5 cup flour all-purpose
- 0.3 cup flat-leaf parsley fresh
- 0.3 cup flat-leaf parsley fresh chopped
- 2 granny smith apples cut into matchstick-size strips
- 2 tablespoons kosher salt

- 1 tablespoon juice of lemon fresh
- 4 tablespoons olive oil
- 0.3 cup pinenuts toasted
- 4 servings pork cutlets with crisp romaine salad
- 1 pound pork tenderloin
- 0.3 cup cup heavy whipping cream sour

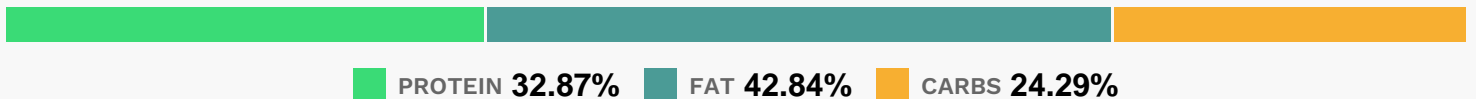
Equipment

- bowl
- frying pan

Directions

- Slice the tenderloin into 8 pieces and pound till they're 1/4 inch thick.
- Place the flour on a plate. In a shallow bowl, beat the eggs. Chop the parsley. In a separate bowl, combine the bread crumbs, parsley, 1 1/2 teaspoons of the salt, and 1/4 teaspoon of the pepper. Dip each cutlet in the flour, then in the beaten egg, and finally in the bread crumbs.
- Heat 2 tablespoons of the oil in a large skillet over medium heat. Working in batches, cook the cutlets until golden and cooked through, 2 to 3 minutes per side, using 2 more tablespoons of the oil for the second batch.
- Transfer to plates. Meanwhile, in a large bowl, combine the apples, celery, lemon juice, sour cream, parsley, the remaining salt and pepper, and the pine nuts. Divide the pork among individual plates and top with the apple slaw.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:12.06, Inflammation Score:-8, Nutrition Score:45.688260824784%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg

Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg
Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate:
0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg
Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg,
Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg
Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg,
Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 16.23mg, Apigenin: 16.23mg, Apigenin:
16.23mg, Apigenin: 16.23mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol:
0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.11mg, Myricetin: 1.11mg,
Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 780.93kcal (39.05%), Fat: 36.98g (56.89%), Saturated Fat: 7.97g (49.82%), Carbohydrates: 47.17g
(15.72%), Net Carbohydrates: 42.58g (15.48%), Sugar: 12.34g (13.71%), Cholesterol: 252.47mg (84.16%), Sodium:
3853.8mg (167.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.84g (127.68%), Vitamin B1: 2.5mg
(166.8%), Selenium: 100.1µg (142.99%), Vitamin K: 142.6µg (135.81%), Vitamin B3: 22mg (110.01%), Vitamin B6:
2.02mg (101.1%), Phosphorus: 785.25mg (78.52%), Manganese: 1.47mg (73.32%), Vitamin B2: 1.01mg (59.18%), Zinc:
5.94mg (39.61%), Potassium: 1301.53mg (37.19%), Magnesium: 123.42mg (30.86%), Iron: 5.54mg (30.8%), Vitamin E:
4.04mg (26.93%), Vitamin B5: 2.69mg (26.86%), Vitamin B12: 1.59µg (26.56%), Copper: 0.48mg (23.93%), Folate:
88.15µg (22.04%), Vitamin C: 15.89mg (19.27%), Fiber: 4.59g (18.36%), Vitamin A: 905.4IU (18.11%), Calcium: 114.14mg
(11.41%), Vitamin D: 1.18µg (7.88%)