



## Pork Cutlets with Crisp Romaine Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black
- 1 cup bread crumbs dry
- 2 eggs
- 0.5 cup flour all-purpose
- 0.3 cup flat-leaf parsley fresh
- 1.8 tablespoons kosher salt
- 7 tablespoons olive oil

- 1 pound pork tenderloin
- 8 roma tomatoes (plum)
- 1 head romaine lettuce

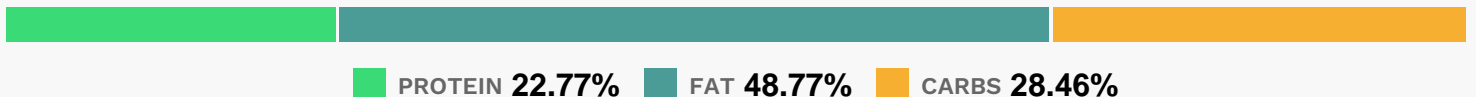
## Equipment

- 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. Wipe out skillet.
- Heat 3 tablespoons of olive oil over medium-high heat.
- Cut the tomatoes into wedges.
- Add them to the skillet with the vinegar and the remaining salt and pepper. Cook for 7 minutes.
- Let tomatoes cool for 5 minutes. Meanwhile, chop the lettuce and divide among individual plates. Thinly slice the cutlets and place on top of the lettuce. Puree the tomatoes, pan juices, and the remaining oil until chunky and spoon over the pork.

## Nutrition Facts



## Properties

Glycemic Index:56.75, Glycemic Load:10.64, Inflammation Score:-10, Nutrition Score:42.689565161%

## Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

## **Nutrients (% of daily need)**

Calories: 605.59kcal (30.28%), Fat: 32.93g (50.67%), Saturated Fat: 5.86g (36.64%), Carbohydrates: 43.25g (14.42%), Net Carbohydrates: 36.65g (13.33%), Sugar: 8.15g (9.06%), Cholesterol: 155.55mg (51.85%), Sodium: 3363.55mg (146.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.6g (69.2%), Vitamin A: 15102.41IU (302.05%), Vitamin K: 248.76µg (236.92%), Vitamin B1: 1.67mg (111.21%), Selenium: 53.86µg (76.95%), Folate: 305.01µg (76.25%), Vitamin B6: 1.16mg (58.18%), Vitamin B3: 11.5mg (57.52%), Vitamin B2: 0.8mg (47.13%), Phosphorus: 461.34mg (46.13%), Manganese: 0.82mg (40.85%), Potassium: 1260.02mg (36%), Vitamin C: 28.24mg (34.22%), Vitamin E: 4.94mg (32.95%), Iron: 5.84mg (32.47%), Fiber: 6.6g (26.39%), Zinc: 3.53mg (23.56%), Magnesium: 87.2mg (21.8%), Vitamin B5: 1.86mg (18.55%), Copper: 0.37mg (18.49%), Vitamin B12: 0.88µg (14.67%), Calcium: 145.5mg (14.55%), Vitamin D: 0.78µg (5.2%)