



Pork Cutlets With Mango Chutney



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon thyme leaves fresh minced
- ☐ 1 pound pork tenderloin trimmed
- ☐ 0.3 cup mango chutney
- ☐ 2 teaspoons olive oil divided
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots chopped

☐ 1 tablespoon water

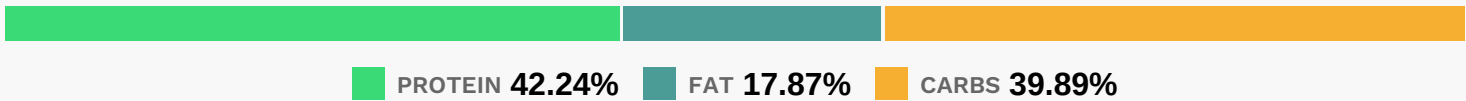
Equipment

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

Directions

- ☐ Cut tenderloin crosswise into 1/2-inch-thick slices; place between 2 sheets of plastic wrap, and pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle pork with salt and pepper.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of pork, and cook 2 minutes on each side or until golden brown.
- ☐ Remove from pan, and repeat procedure with remaining 1 teaspoon oil and pork.
- ☐ Add shallots to pan, and saut 1 minute.
- ☐ Remove pan from heat; add chutney, cider, and 1 tablespoon water, scraping pan to loosen browned bits. Return pan to heat, and cook 2 minutes or until sauce is slightly thick.
- ☐ Add pork and accumulated juices to pan. Cook 1 minute or until thoroughly heated. Spoon sauce over pork, and sprinkle with thyme.

Nutrition Facts



Properties

Glycemic Index:50.69, Glycemic Load:11.68, Inflammation Score:-3, Nutrition Score:15.4660869014%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 233.14kcal (11.66%), Fat: 4.52g (6.95%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 22.69g (7.56%), Net Carbohydrates: 22.13g (8.05%), Sugar: 16.03g (17.81%), Cholesterol: 73.71mg (24.57%), Sodium: 216.16mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.05%), Vitamin B1: 1.14mg (76.24%), Selenium: 35.58µg (50.83%), Vitamin B6: 0.91mg (45.42%), Vitamin B3: 7.62mg (38.09%), Phosphorus: 290.18mg (29.02%), Vitamin B2: 0.41mg (24.38%), Potassium: 513.31mg (14.67%), Zinc: 2.19mg (14.59%), Vitamin B5: 0.99mg (9.91%), Vitamin B12: 0.58µg (9.64%), Magnesium: 34.24mg (8.56%), Iron: 1.38mg (7.67%), Copper: 0.14mg (7.01%), Vitamin C: 3.27mg (3.96%), Vitamin E: 0.58mg (3.84%), Manganese: 0.08mg (3.8%), Fiber: 0.56g (2.24%), Calcium: 16.04mg (1.6%), Vitamin D: 0.23µg (1.51%), Vitamin K: 1.45µg (1.38%), Folate: 4.89µg (1.22%)