



Pork Cutlets with Orange Gremolata

 Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons balsamic vinegar
- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons flour all-purpose
- 2 tablespoons flat-leaf parsley fresh finely chopped
- 0.5 teaspoon garlic fresh minced
- 0.8 teaspoon kosher salt divided
- 1 pound pork tenderloin trimmed cut into 12 thin slices
- 4 teaspoons olive oil extra-virgin divided

- 0.7 cup orange juice fresh (2 medium oranges)
- 2 tablespoons orange marmalade
- 1 teaspoon orange rind grated
- 0.3 cup water

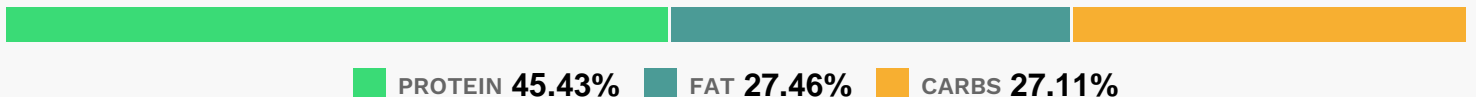
Equipment

- bowl
- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat.
- Place flour in a shallow dish.
- Sprinkle pork with 1/2 teaspoon salt; dredge pork in flour.
- Add 2 teaspoons oil to pan; swirl to coat.
- Add 6 pork slices to pan; cook 2 minutes on each side or until browned and done.
- Place cooked pork on a platter; keep warm. Repeat procedure with remaining 2 teaspoons oil and remaining 6 pork slices.
- Add orange juice, 1/3 cup water, marmalade, and vinegar to pan, scraping pan to loosen browned bits. Bring to a boil; cook 3 minutes or until liquid is reduced to 1/2 cup. Stir in remaining 1/4 teaspoon salt and pepper.
- Place parsley, orange rind, and garlic in a small bowl; stir with a fork to combine. Spoon orange juice mixture over pork; sprinkle evenly with orange rind mixture.

Nutrition Facts



Properties

Glycemic Index:67.75, Glycemic Load:4.55, Inflammation Score:-5, Nutrition Score:19.059999802838%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 220.09kcal (11%), Fat: 6.6g (10.16%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 14.26g (5.19%), Sugar: 9.88g (10.97%), Cholesterol: 73.71mg (24.57%), Sodium: 505.08mg (21.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.58g (49.16%), Vitamin B1: 1.2mg (80.14%), Selenium: 36.37µg (51.95%), Vitamin B6: 0.91mg (45.44%), Vitamin B3: 8.01mg (40.03%), Vitamin K: 35.47µg (33.78%), Vitamin C: 24.6mg (29.82%), Phosphorus: 294.08mg (29.41%), Vitamin B2: 0.42mg (24.96%), Potassium: 561.07mg (16.03%), Zinc: 2.23mg (14.85%), Vitamin B5: 1.07mg (10.7%), Vitamin B12: 0.58µg (9.64%), Magnesium: 38.12mg (9.53%), Iron: 1.57mg (8.74%), Copper: 0.14mg (7.25%), Folate: 23.39µg (5.85%), Vitamin E: 0.87mg (5.79%), Vitamin A: 260.16IU (5.2%), Manganese: 0.08mg (4.01%), Calcium: 20.95mg (2.1%), Fiber: 0.41g (1.65%), Vitamin D: 0.23µg (1.51%)