



Pork Cutlets with Potato Salad

READY IN



20 min.

SERVINGS



4

CALORIES



653 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 cup breadcrumbs dry
- 2 eggs
- 0.5 cup flour all-purpose
- 0.3 cup parsley fresh
- 1 tablespoon tarragon fresh chopped
- 0.3 cup heavy whipping cream
- 1.8 tablespoons kosher salt
- 2 tablespoons mustard coarse-grain

- 4 tablespoons olive oil
- 1 pound pork tenderloin
- 1.5 pounds potatoes – remove skin red

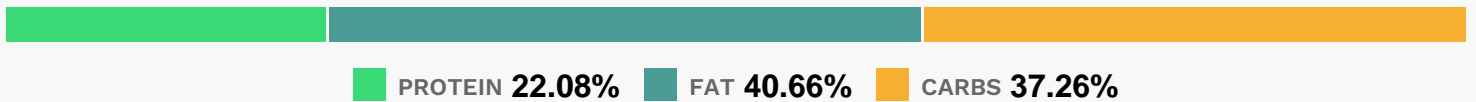
Equipment

- bowl
- frying pan
- pot

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, boil the potatoes in salted water until tender, about 20 minutes.
- Drain and pat dry.
- Cut into 1-inch chunks. Return to the pot along with the cream, mustard, tarragon, the remaining salt and pepper and combine.
- Serve with the pork.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:9.24, Inflammation Score:-8, Nutrition Score:36.213913150456%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 653.04kcal (32.65%), Fat: 29.5g (45.38%), Saturated Fat: 8.99g (56.19%), Carbohydrates: 60.8g (20.27%), Net Carbohydrates: 55.63g (20.23%), Sugar: 4.71g (5.23%), Cholesterol: 177.96mg (59.32%), Sodium: 3462.34mg (150.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.04g (72.08%), Vitamin B1: 1.67mg (111.33%), Selenium: 57.31µg (81.87%), Vitamin K: 77.91µg (74.2%), Vitamin B6: 1.29mg (64.6%), Vitamin B3: 12.44mg (62.22%), Phosphorus: 511.95mg (51.2%), Vitamin B2: 0.79mg (46.54%), Manganese: 0.83mg (41.66%), Potassium: 1427.4mg (40.78%), Iron: 5.82mg (32.34%), Folate: 110.3µg (27.57%), Vitamin C: 20.64mg (25.02%), Magnesium: 99.17mg (24.79%), Zinc: 3.68mg (24.54%), Copper: 0.47mg (23.34%), Vitamin B5: 2.07mg (20.7%), Fiber: 5.17g (20.67%), Vitamin E: 2.78mg (18.56%), Vitamin A: 820.62IU (16.41%), Vitamin B12: 0.91µg (15.2%), Calcium: 133.95mg (13.39%), Vitamin D: 1.1µg (7.32%)