



## Pork Cutlets with Red Cabbage

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



281 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 slices bacon chopped
- 1 tablespoon cider vinegar
- 0.5 teaspoon thyme leaves dried
- 0.3 cup flour all-purpose
- 1 tablespoon brown sugar light packed
- 1 small onion thinly sliced
- 16 oz pork cutlets boneless thin
- 3 cups cabbage red thinly sliced

4 servings salt

## Equipment

bowl

frying pan

paper towels

aluminum foil

## Directions

In a large skillet, cook bacon over medium-high heat until just crisp.

Remove bacon to a paper towel-lined plate and drain off all but 2 Tbsp. fat. (If there is not enough fat, add olive oil to measure 2 Tbsp.)

Place flour in a shallow bowl.

Sprinkle cutlets with salt and dredge in flour. Working in batches if necessary, add cutlets to skillet in a single layer and cook until browned on both sides, turning once, 4 to 6 minutes total.

Remove to a platter; tent with foil. Repeat with remaining pork.

Add cabbage, onion and thyme to skillet; cook, stirring occasionally, until softened, about 5 minutes. Stir in sugar and vinegar, reduce heat to low and continue to cook until cabbage is tender, about 5 minutes longer, stirring once or twice. Spoon cabbage over pork, sprinkle with bacon and serve.

## Nutrition Facts

 **PROTEIN 42.59%**  **FAT 34.6%**  **CARBS 22.81%**

## Properties

Glycemic Index:43.5, Glycemic Load:5.81, Inflammation Score:-8, Nutrition Score:21.619564906411%

## Flavonoids

Cyanidin: 140.06mg, Cyanidin: 140.06mg, Cyanidin: 140.06mg, Cyanidin: 140.06mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin:

0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg, Quercetin: 3.79mg

## Nutrients (% of daily need)

Calories: 281.48kcal (14.07%), Fat: 10.64g (16.36%), Saturated Fat: 3.6g (22.5%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 13.83g (5.03%), Sugar: 6.25g (6.94%), Cholesterol: 85.73mg (28.58%), Sodium: 378.56mg (16.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.46g (58.93%), Selenium: 45.62µg (65.17%), Vitamin B1: 0.94mg (62.94%), Vitamin B3: 10.81mg (54.03%), Vitamin B6: 1.07mg (53.35%), Vitamin C: 39.4mg (47.76%), Phosphorus: 323.32mg (32.33%), Vitamin K: 27.74µg (26.41%), Potassium: 675.42mg (19.3%), Vitamin B2: 0.32mg (18.75%), Vitamin A: 756.14IU (15.12%), Zinc: 2.24mg (14.93%), Manganese: 0.27mg (13.53%), Magnesium: 47.48mg (11.87%), Vitamin B12: 0.66µg (11.01%), Vitamin B5: 1.1mg (10.95%), Iron: 1.76mg (9.8%), Fiber: 1.96g (7.83%), Folate: 30.01µg (7.5%), Copper: 0.1mg (5.2%), Calcium: 46.96mg (4.7%), Vitamin D: 0.41µg (2.71%), Vitamin E: 0.31mg (2.06%)