



## Pork Cutlets with Sautéed Spinach and Capers

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 cups baby spinach
- 2 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black
- 2 tablespoons capers drained
- 1 cup bread crumbs dry
- 2 eggs
- 0.5 cup flour all-purpose
- 0.3 cup flat-leaf parsley fresh

- 1 tablespoon thyme leaves fresh
- 8 grape tomatoes whole
- 2.5 tablespoons kosher salt
- 5 tablespoons olive oil
- 1 pound pork tenderloin

## 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 the remaining oil over medium-high heat.
- Add the tomatoes to the skillet with the vinegar, thyme, and the remaining salt and pepper. Cook for 7 minutes. Before removing the tomatoes from the heat, add the spinach and capers and cook until the spinach wilts, about 1 minute. Divide the pork among individual plates and top with the spinach mixture.
- Serve with couscous.

## Nutrition Facts



**PROTEIN 26.03%** **FAT 45.28%** **CARBS 28.69%**

## Properties

Glycemic Index:76, Glycemic Load:9.94, Inflammation Score:-10, Nutrition Score:36.380434782609%

## Flavonoids

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg, Kaempferol: 7.25mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg, Quercetin: 8.3mg

## Nutrients (% of daily need)

Calories: 510.49kcal (25.52%), Fat: 25.47g (39.18%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 36.31g (12.1%), Net Carbohydrates: 33.05g (12.02%), Sugar: 4.06g (4.52%), Cholesterol: 155.55mg (51.85%), Sodium: 4789.09mg (208.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.87%), Vitamin K: 222.91µg (212.29%), Vitamin B1: 1.55mg (103.14%), Selenium: 53.59µg (76.56%), Vitamin A: 3623.32IU (72.47%), Vitamin B3: 10.75mg (53.77%), Vitamin B6: 1.04mg (52.06%), Vitamin B2: 0.75mg (44.1%), Phosphorus: 409.75mg (40.97%), Manganese: 0.78mg (38.87%), Folate: 138.57µg (34.64%), Iron: 5.24mg (29.11%), Vitamin E: 3.89mg (25.93%), Vitamin C: 21.05mg (25.51%), Potassium: 840.02mg (24%), Zinc: 3.23mg (21.51%), Magnesium: 83.24mg (20.81%), Vitamin B5: 1.58mg (15.8%), Copper: 0.31mg (15.31%), Vitamin B12: 0.88µg (14.67%), Fiber: 3.26g (13.06%), Calcium: 123.98mg (12.4%), Vitamin D: 0.78µg (5.2%)