



Pork Cutlets with Wild Mushroom Marsala

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup beef stock unsalted
- 0.4 teaspoon pepper black divided freshly ground
- 1 tablespoon canola oil divided
- 2 tablespoons heavy whipping cream
- 0.5 teaspoon kosher salt divided
- 0.3 cup marsala wine
- 12 ounce exotic mushroom blend
- 16 ounce pork cutlets (1/)

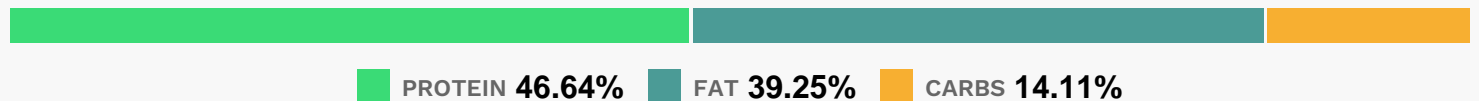
Equipment

- frying pan

Directions

- Heat a large skillet over medium-high heat.
- Add 1 teaspoon oil; swirl to coat.
- Add mushrooms and 1/4 teaspoon salt; saut 8 minutes.
- Add Marsala; cook 1 minute, scraping pan to loosen browned bits.
- Add stock; bring to a boil, and cook 2 minutes.
- Remove pan from heat; stir in cream and 1/8 teaspoon pepper.
- Sprinkle cutlets with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- Heat a large heavy skillet over medium-high heat.
- Add remaining 2 teaspoons oil to pan; swirl to coat.
- Add cutlets; cook 2 to 3 minutes on each side or until done.
- Place 1 cutlet on each of 4 plates; top each serving with about 1/2 cup mushroom mixture.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.19, Inflammation Score:-4, Nutrition Score:19.394782483092%

Flavonoids

Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg, Delphinidin: 0.58mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg, Epicatechin: 1.13mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 257.74kcal (12.89%), Fat: 10.54g (16.21%), Saturated Fat: 3.37g (21.03%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 6.35g (2.31%), Sugar: 3.57g (3.97%), Cholesterol: 83.32mg (27.77%), Sodium: 416.72mg (18.12%), Alcohol: 2.3g (100%), Alcohol %: 1.14% (100%), Protein: 28.17g (56.34%), Vitamin B3: 12.97mg (64.85%), Selenium: 44.64µg (63.77%), Vitamin B6: 1.13mg (56.31%), Vitamin B1: 0.81mg (54.19%), Phosphorus: 375.9mg (37.59%), Vitamin B2: 0.44mg (26.14%), Potassium: 776.38mg (22.18%), Vitamin B5: 2.15mg (21.48%), Zinc: 2.76mg (18.41%), Magnesium: 51.93mg (12.98%), Manganese: 0.25mg (12.36%), Copper: 0.21mg (10.53%), Vitamin B12: 0.59µg (9.84%), Fiber: 2.17g (8.69%), Iron: 1.07mg (5.96%), Vitamin E: 0.83mg (5.56%), Vitamin D: 0.8µg (5.34%), Folate: 11.99µg (3%), Vitamin K: 3.07µg (2.93%), Vitamin A: 111.28IU (2.23%), Calcium: 16.93mg (1.69%)