



Pork Katsu with Quick Carrot Pickles

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



413 kcal

SIDE DISH

Ingredients

- ☐ 2 large carrots
- ☐ 1 large eggs
- ☐ 1 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 1.5 ounces pork chops boneless
- ☐ 2 spring onion very thinly sliced
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 1 tablespoon water

☐ 3 tablespoons vinegar white

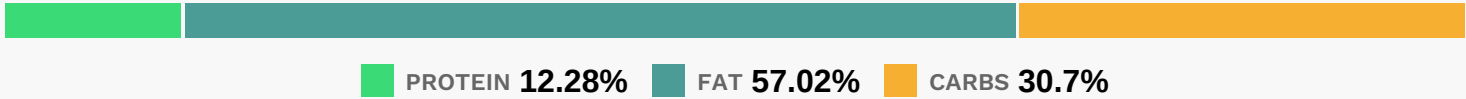
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ peeler
- ☐ meat tenderizer

Directions

- ☐ Whisk together vinegar, water, sugar, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Using a vegetable peeler, shave as many ribbons as possible from carrots. Toss carrots and scallions with dressing.
- ☐ Lightly beat egg in a shallow bowl.
- ☐ Combine panko, 1/4 teaspoon salt, and 1/8 teaspoon pepper on a large plate.
- ☐ Pound pork chops to 1/8 inch thick between 2 sheets of plastic wrap with flat side of a meat pounder or with a rolling pin. Season both sides with 1/8 teaspoon each of salt and pepper (total).
- ☐ Coat with egg, letting excess drip off, then with panko, pressing to help adhere.
- ☐ Heat 3 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Cook chops (in batches if necessary), turning once, until golden and just cooked through, 4 to 5 minutes total, adding remaining tablespoon oil if necessary.
- ☐ Drain briefly on paper towels and serve with carrot pickles.

Nutrition Facts



Properties

Glycemic Index:99.46, Glycemic Load:3.87, Inflammation Score:-10, Nutrition Score:20.426521570786%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 412.92kcal (20.65%), Fat: 26.05g (40.07%), Saturated Fat: 4.8g (30.02%), Carbohydrates: 31.55g (10.52%), Net Carbohydrates: 27.88g (10.14%), Sugar: 7.65g (8.5%), Cholesterol: 107.25mg (35.75%), Sodium: 317.78mg (13.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.25%), Vitamin A: 12283.81IU (245.68%), Vitamin K: 73.91µg (70.39%), Vitamin B1: 0.5mg (33.07%), Selenium: 22.55µg (32.21%), Vitamin B3: 4.48mg (22.39%), Manganese: 0.42mg (20.98%), Vitamin B2: 0.33mg (19.19%), Phosphorus: 177.65mg (17.77%), Vitamin B6: 0.34mg (16.99%), Vitamin E: 2.52mg (16.83%), Folate: 65.21µg (16.3%), Fiber: 3.68g (14.71%), Iron: 2.4mg (13.33%), Potassium: 436.65mg (12.48%), Calcium: 104.47mg (10.45%), Vitamin B5: 0.91mg (9.09%), Zinc: 1.31mg (8.73%), Magnesium: 32.78mg (8.2%), Vitamin C: 6.5mg (7.88%), Copper: 0.15mg (7.58%), Vitamin B12: 0.44µg (7.34%), Vitamin D: 0.58µg (3.9%)