



Pork Milanese

READY IN



35 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cups baby arugula
- ☐ 1 cup cherry tomatoes halved
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 4 servings lemon wedges for serving
- ☐ 1 tablespoon olive oil for frying extra-virgin plus more

- ☐ 3 tablespoons parmesan cheese grated
- ☐ 8.3 inch thick pork chops boneless trimmed
- ☐ 6 slices sandwich bread white thick

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Season the pork chops all over with salt and pepper. Pulse the bread in a food processor to make coarse crumbs (you should have about 3 cups).
- ☐ Transfer the breadcrumbs to a shallow baking dish and toss with the cheese, parsley and rosemary.
- ☐ Whisk the eggs in a shallow bowl.
- ☐ Put the flour in another shallow bowl. Dredge each chop in the flour, then dip in the beaten eggs and coat in the breadcrumb mixture, pressing so the coating sticks.
- ☐ Heat 1/4 inch olive oil in a large skillet over medium heat. Working in batches, cook the pork chops until golden brown and cooked through, 2 to 4 minutes per side.
- ☐ Transfer to a paper towel-lined plate to drain.
- ☐ Toss the arugula and tomatoes in a bowl with 1 tablespoon olive oil, and salt and pepper to taste. Divide the pork chops among plates and season with salt.
- ☐ Serve with the arugula salad and lemon wedges.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:59.82, Glycemic Load:39.23, Inflammation Score:-8, Nutrition Score:21.731739127118%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg Kaempferol: 8.76mg, Kaempferol: 8.76mg, Kaempferol: 8.76mg, Kaempferol: 8.76mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 369.58kcal (18.48%), Fat: 7.71g (11.86%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 57.58g (19.19%), Net Carbohydrates: 54.7g (19.89%), Sugar: 3.75g (4.17%), Cholesterol: 146.27mg (48.76%), Sodium: 507mg (22.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.82%), Vitamin K: 61.91µg (58.96%), Selenium: 39.42µg (56.31%), Folate: 177.51µg (44.38%), Vitamin B1: 0.64mg (42.37%), Manganese: 0.68mg (33.96%), Vitamin B2: 0.55mg (32.2%), Iron: 4.89mg (27.16%), Vitamin B3: 5.3mg (26.52%), Vitamin A: 1179.99IU (23.6%), Phosphorus: 227.62mg (22.76%), Calcium: 187.96mg (18.8%), Vitamin C: 15.44mg (18.71%), Vitamin B5: 1.2mg (11.99%), Fiber: 2.88g (11.54%), Magnesium: 43.81mg (10.95%), Zinc: 1.58mg (10.52%), Vitamin B6: 0.21mg (10.51%), Potassium: 358.27mg (10.24%), Copper: 0.2mg (9.8%), Vitamin B12: 0.41µg (6.87%), Vitamin E: 0.96mg (6.42%), Vitamin D: 0.79µg (5.26%)