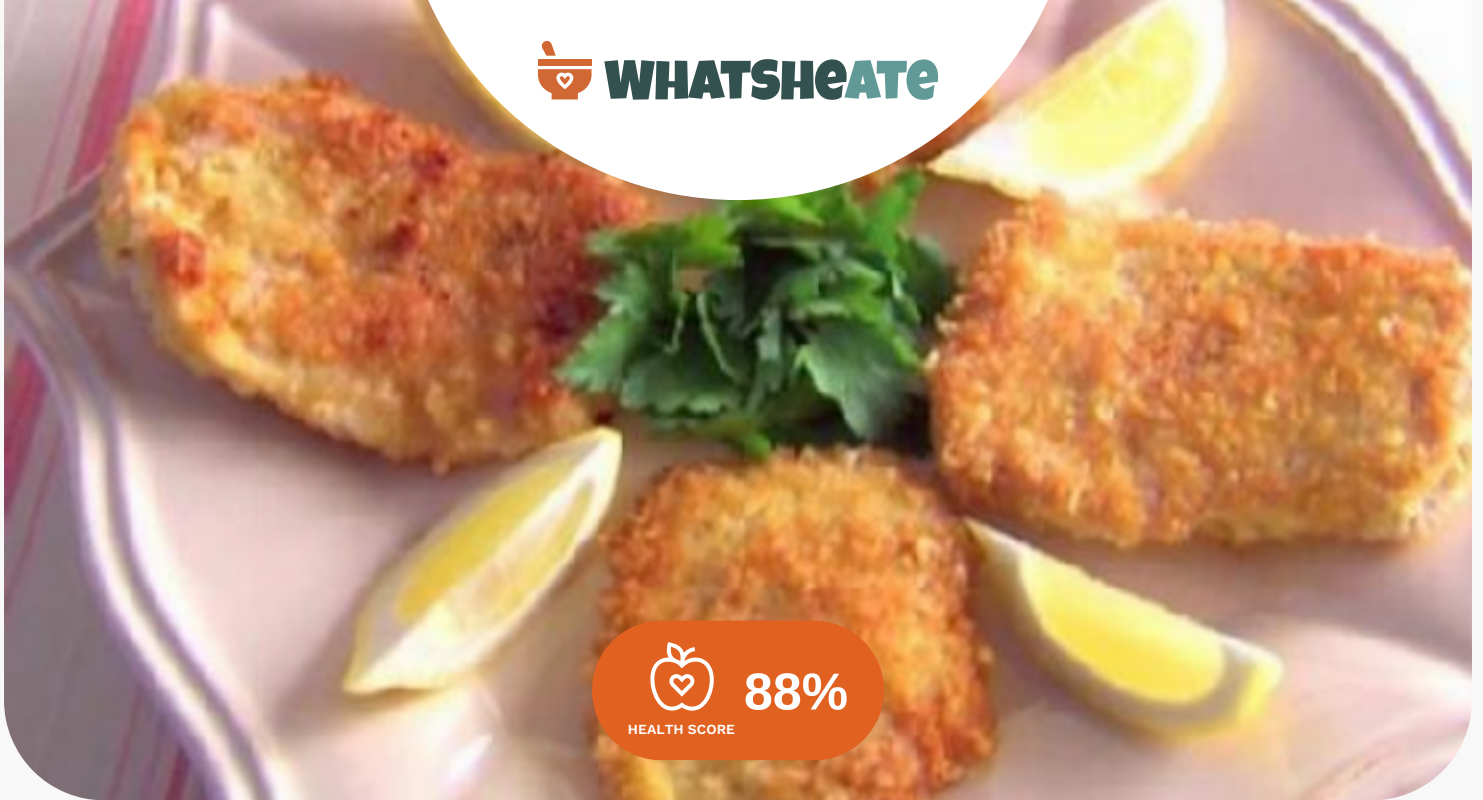




Pork Milanese

 Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



3078 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 large eggs
- ☐ 6 lemon wedges
- ☐ 0.3 cup olive oil
- ☐ 1 cup panko bread crumbs Japanese bread crumbs
- ☐ 0.5 cup parmesan finely grated
- ☐ 6 pork loin chops boneless thin
- ☐ 6 servings salt and pepper black freshly ground

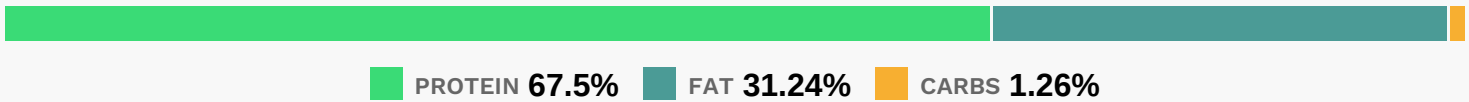
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 200 degrees F.
- ☐ Coarsely crush the panko into a large shallow bowl. Stir the cheese into the panko. Lightly beat the eggs in another large shallow bowl.
- ☐ Sprinkle the pork generously with salt and pepper. Dip the pork, 1 piece at a time, in the egg, allowing the excess to drip off, then dredge the pork in the crumb mixture, patting to coat completely.
- ☐ Place the pork on a small baking sheet.
- ☐ Heat 1/4 cup of oil in a heavy large skillet over medium-high heat.
- ☐ Add half of the pork to the hot oil and cook until golden brown and just cooked through, about 3 minutes per side.
- ☐ Transfer to paper towels to drain, then transfer them to a clean baking sheet and keep them warm in the oven.
- ☐ Add the remaining 3 tablespoons of oil to the skillet and fry the remaining pork.
- ☐ Transfer the pork to plates and serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:14.08, Glycemic Load:0.38, Inflammation Score:-9, Nutrition Score:60.672173831774%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 3078.43kcal (153.92%), Fat: 102.44g (157.6%), Saturated Fat: 30.65g (191.58%), Carbohydrates: 9.33g (3.11%), Net Carbohydrates: 8.35g (3.04%), Sugar: 1.2g (1.33%), Cholesterol: 1450.52mg (483.51%), Sodium: 1306.48mg (56.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 498.08g (996.17%), Selenium: 617.6µg (882.29%), Vitamin B6: 16.64mg (831.75%), Vitamin B1: 9.84mg (655.85%), Vitamin B3: 126.82mg (634.1%), Phosphorus: 5049.12mg (504.91%), Zinc: 40.11mg (267.41%), Vitamin B2: 4.25mg (250.15%), Potassium: 8285.83mg (236.74%), Vitamin B12: 11.48µg (191.3%), Vitamin B5: 16.74mg (167.37%), Magnesium: 582.28mg (145.57%), Iron: 12.86mg (71.47%), Copper: 1.32mg (66.06%), Vitamin D: 9.15µg (61.03%), Vitamin E: 4.38mg (29.19%), Calcium: 241.26mg (24.13%), Manganese: 0.27mg (13.5%), Vitamin C: 9.54mg (11.56%), Vitamin K: 6.43µg (6.13%), Folate: 21.11µg (5.28%), Fiber: 0.98g (3.92%), Vitamin A: 159.59IU (3.19%)