



Pork Milanese

READY IN



26 min.

SERVINGS



4

CALORIES



783 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups baby arugula
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 large eggs beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 teaspoons thyme sprigs fresh chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 5 tablespoons olive oil
- ☐ 1.3 cups panko bread crumbs

- ☐ 0.5 cup parmesan grated
- ☐ 8 pork loin chops thin-cut boneless trimmed of fat
- ☐ 4 servings salt and pepper

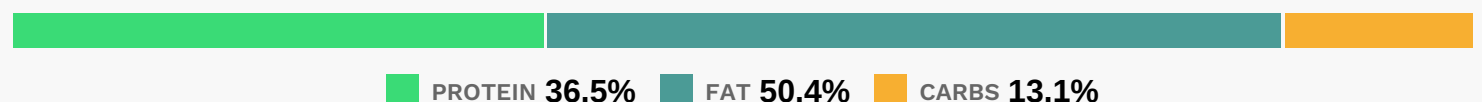
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ On a plate, combine panko, Parmesan, parsley, thyme, 1 tsp. salt and 1/2 tsp. pepper; stir with a fork until well mixed.
- ☐ Place flour and eggs in separate shallow bowls.
- ☐ Sprinkle chops with salt and pepper. Dredge chops in flour, shaking off excess, then dip in eggs, letting excess drip off. Next, dredge chops in panko mixture, pressing gently to adhere bread crumbs to both sides.
- ☐ Place chops on a plate.
- ☐ Warm 2 Tbsp. olive oil in a large skillet over medium-high heat. When oil is hot but not smoking, add 4 chops to skillet and cook, turning once with tongs, until chops are golden brown and cooked through, 5 to 6 minutes total.
- ☐ Remove to a plate and cover loosely with foil to keep warm. Wipe out skillet. Repeat with 2 Tbsp. oil and remaining chops.
- ☐ Mix arugula and tomatoes in a large bowl.
- ☐ Drizzle with remaining 1 Tbsp. oil and lemon juice, season with salt and pepper and toss gently. Divide arugula salad among 4 plates and place 2 chops on top.
- ☐ Place a lemon wedge on each plate, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:52.75, Glycemic Load:6.11, Inflammation Score:-9, Nutrition Score:41.93391306504%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg Kaempferol: 10.5mg, Kaempferol: 10.5mg, Kaempferol: 10.5mg, Kaempferol: 10.5mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 783.34kcal (39.17%), Fat: 43.08g (66.27%), Saturated Fat: 12.1g (75.6%), Carbohydrates: 25.19g (8.4%), Net Carbohydrates: 23.14g (8.41%), Sugar: 3.04g (3.37%), Cholesterol: 281.06mg (93.69%), Sodium: 709.41mg (30.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.19g (140.39%), Selenium: 107.73µg (153.91%), Vitamin B1: 2.1mg (139.67%), Vitamin B3: 23.65mg (118.26%), Vitamin B6: 2.08mg (104.21%), Phosphorus: 812.4mg (81.24%), Vitamin K: 78.63µg (74.89%), Vitamin B2: 0.82mg (48.15%), Potassium: 1305.17mg (37.29%), Zinc: 5.4mg (35.97%), Vitamin B12: 1.86µg (30.98%), Calcium: 275.05mg (27.51%), Vitamin B5: 2.73mg (27.32%), Magnesium: 108.42mg (27.1%), Vitamin A: 1341.73IU (26.83%), Iron: 4.32mg (23.99%), Vitamin E: 3.54mg (23.59%), Folate: 89.82µg (22.46%), Vitamin C: 18.31mg (22.19%), Manganese: 0.42mg (21.2%), Copper: 0.29mg (14.68%), Vitamin D: 1.63µg (10.9%), Fiber: 2.05g (8.19%)