



Pork Milanese

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 large eggs
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon penzey's southwest seasoning dried italian
- ☐ 4 lemon wedges
- ☐ 2 teaspoons olive oil
- ☐ 0.3 cup parmigiano-reggiano cheese fresh grated
- ☐ 16 ounce center-cut pork chops boneless trimmed
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoon water
- ☐ 2.4 ounce bread whole wheat

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Preheat oven to 45
- ☐ Place pork chops between 2 sheets of heavy-duty plastic wrap, and flatten to 1/4-inch thickness using a meat mallet or rolling pin. Set aside.
- ☐ Place bread in a food processor, and pulse 10 times to form coarse crumbs that measure 1 1/2 cups.
- ☐ Place breadcrumbs in a pie plate or shallow dish. Stir in cheese and next 5 ingredients.
- ☐ Combine water and egg in a bowl; stir well with a whisk. Dip pork chops in egg mixture; dredge in breadcrumb mixture.
- ☐ Place pork chops on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 20 minutes or until done. Squeeze a lemon wedge over each chop.
- ☐ Pork Milanese (mee-lah-NAY-zay), a traditional dish from Milan, is simply a piece of meat that is dipped in egg, dredged in breadcrumbs and Parmesan cheese, and then pan-fried and doused with lemon juice.

Nutrition Facts



 **PROTEIN 43.38%**  **FAT 42.56%**  **CARBS 14.06%**

Properties

Glycemic Index:47.3, Glycemic Load:4.84, Inflammation Score:-4, Nutrition Score:18.888695478439%

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 Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 286.85kcal (14.34%), Fat: 13.36g (20.55%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 8.16g (2.97%), Sugar: 1.32g (1.47%), Cholesterol: 126.73mg (42.24%), Sodium: 395.04mg (17.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.64g (61.27%), Selenium: 47.37µg (67.67%), Vitamin B1: 0.84mg (56%), Vitamin B3: 9.89mg (49.43%), Vitamin B6: 0.92mg (45.8%), Phosphorus: 365.33mg (36.53%), Manganese: 0.43mg (21.35%), Vitamin B2: 0.32mg (19%), Zinc: 2.42mg (16.16%), Potassium: 523.53mg (14.96%), Calcium: 131.19mg (13.12%), Vitamin B12: 0.79µg (13.12%), Magnesium: 49.96mg (12.49%), Vitamin B5: 1.21mg (12.05%), Vitamin C: 9.79mg (11.86%), Iron: 1.6mg (8.86%), Fiber: 1.77g (7.07%), Copper: 0.13mg (6.33%), Vitamin K: 5.9µg (5.62%), Vitamin E: 0.79mg (5.28%), Vitamin D: 0.73µg (4.9%), Folate: 16.65µg (4.16%), Vitamin A: 134.23IU (2.68%)