



Pork Milanese with Arugula, Fennel, and Parmesan Salad

READY IN



40 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups arugula
- 0.5 teaspoon pepper black freshly ground
- 2 eggs
- 1 fennel bulb trimmed thinly sliced
- 0.5 juice of lemon
- 3 tablespoons olive oil
- 1 cup panko bread crumbs
- 0.3 cup parmesan grated (use a vegetable peeler)

4 pork chops boneless thick () (see Notes)

0.5 teaspoon salt

Equipment

bowl

frying pan

Directions

Combine panko, grated parmesan, 1/4 tsp. salt, and 1/4 tsp. pepper on a large plate. In a small bowl, lightly beat eggs. Dip each pork chop in egg, then transfer to panko mixture and coat completely with crumbs. Set aside.

In a large bowl, combine arugula, fennel slices, and parmesan shavings.

Drizzle salad with 3 tbsp. olive oil and the lemon juice. Toss, season with remaining salt and pepper, and toss again.

In a 12-in. nonstick frying pan, heat remaining 1/2 cup olive oil over medium-high heat.

Add two pork chops and cook, turning once, until crusts are deep golden brown and crisp, 5 to 6 minutes.

Transfer chops to a plate and keep warm. Repeat with remaining chops.

Cut each chop in half diagonally and arrange on a serving platter with salad.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.32, Inflammation Score:-7, Nutrition Score:27.733478401018%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg

0.86mg, Isorhamnetin: 0.86mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 440.32kcal (22.02%), Fat: 24.57g (37.8%), Saturated Fat: 6.7g (41.88%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 13.69g (4.98%), Sugar: 3.87g (4.3%), Cholesterol: 175.87mg (58.62%), Sodium: 632.29mg (27.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.17g (74.33%), Selenium: 56.78µg (81.12%), Vitamin B1: 1.07mg (71.06%), Vitamin K: 66.43µg (63.27%), Vitamin B3: 12.17mg (60.87%), Vitamin B6: 1.08mg (53.93%), Phosphorus: 454.87mg (45.49%), Vitamin B2: 0.47mg (27.45%), Potassium: 888.67mg (25.39%), Zinc: 2.97mg (19.78%), Calcium: 185.43mg (18.54%), Manganese: 0.36mg (18.18%), Vitamin B12: 1.03µg (17.23%), Magnesium: 66.68mg (16.67%), Vitamin B5: 1.65mg (16.54%), Vitamin E: 2.38mg (15.84%), Folate: 62.81µg (15.7%), Iron: 2.64mg (14.66%), Vitamin A: 727.55IU (14.55%), Vitamin C: 11.47mg (13.9%), Fiber: 2.88g (11.53%), Copper: 0.19mg (9.45%), Vitamin D: 1.01µg (6.72%)