



Pork Milanese with spaghetti

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



631 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 1 garlic clove crushed
- ☐ 800 g canned tomatoes chopped canned
- ☐ 2 tsp balsamic vinegar
- ☐ 420 g pork tenderloin sliced into 8 medallions
- ☐ 2 tbsp flour plain
- ☐ 1 eggs beaten
- ☐ 100 g breadcrumbs fresh

- ☐ 1 small bunch basil chopped
- ☐ 300 g pasta like spaghetti

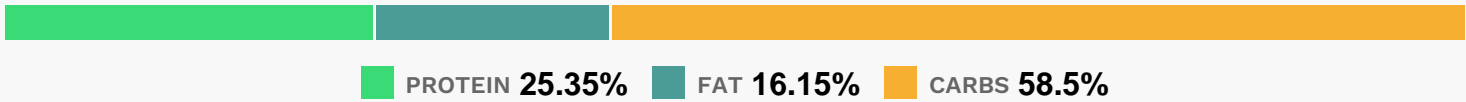
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ rolling pin

Directions

- ☐ Heat the oil in a pan, then fry the garlic for a few secs.
- ☐ Add the chopped tomatoes and balsamic vinegar and bubble for about 15–20 mins until the sauce is thick.
- ☐ Meanwhile, lay the pork medallions between two layers of cling film and bash with a rolling pin until they are about 1cm thick.
- ☐ Mix the flour with some seasoning in one bowl, put the egg in another and the breadcrumbs in a third. Dip the pork in the flour, then the egg, then the breadcrumbs.
- ☐ Heat a grill to hot, then cook the pork for 3 mins on each side, until golden and cooked through. Keep warm.
- ☐ Cook the pasta following pack instructions. Stir through the tomato sauce and the chopped basil, divide the pasta between 4 plates, put the crispy pork on top and eat immediately.

Nutrition Facts



Properties

Glycemic Index:76.25, Glycemic Load:28.99, Inflammation Score:-8, Nutrition Score:36.32695646908%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 631.23kcal (31.56%), Fat: 11.32g (17.42%), Saturated Fat: 2.66g (16.64%), Carbohydrates: 92.27g (30.76%), Net Carbohydrates: 84.8g (30.84%), Sugar: 12.81g (14.24%), Cholesterol: 109.17mg (36.39%), Sodium: 522.68mg (22.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.98g (79.95%), Selenium: 91.48µg (130.68%), Vitamin B1: 1.53mg (101.76%), Manganese: 1.37mg (68.29%), Vitamin B6: 1.27mg (63.64%), Vitamin B3: 12.57mg (62.85%), Phosphorus: 530.75mg (53.08%), Vitamin B2: 0.67mg (39.69%), Copper: 0.76mg (38.2%), Potassium: 1246mg (35.6%), Iron: 6.28mg (34.9%), Magnesium: 122.78mg (30.7%), Fiber: 7.47g (29.9%), Zinc: 4.12mg (27.46%), Vitamin E: 3.47mg (23.15%), Vitamin C: 18.99mg (23.02%), Vitamin K: 22.79µg (21.7%), Vitamin B5: 2.09mg (20.9%), Folate: 79.67µg (19.92%), Calcium: 148.17mg (14.82%), Vitamin B12: 0.73µg (12.19%), Vitamin A: 597.07IU (11.94%), Vitamin D: 0.54µg (3.57%)