

 **100%**
HEALTH SCORE

Pork Milanese with Warm Autumn Salad

 **Very Healthy**

READY IN

**40 min.**

SERVINGS

**2**

CALORIES

**3520 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 large eggs with 1 tablespoon water beaten
- 1 cup endive cut into bite size pieces
- 1 cup flour all-purpose
- 0.5 cup apples i use 2 granny smith apples diced ()
- 2 servings kosher salt
- 2 servings olive oil extra-virgin
- 1 cup oyster mushrooms cut into bite-size pieces
- 1 cup panko bread crumbs

- 0.3 cup pecorino grated shaved
- 2 pork loin chops boneless with the bottom of a saute pan
- 0.3 cup pumpkin seeds green toasted
- 1 radicchio trevisano julienned
- 1 small onion red sliced
- 2 tablespoons red wine vinegar

Equipment

- frying pan
- baking sheet
- paper towels
- oven

Directions

- Preheat oven to 180 degrees F or the lowest it will go.
- Set up a standard breading procedure by placing the flour, egg, and panko mixed with the grated pecorino separate wide flat containers. Season the pork generously with salt on both sides. Using 1 hand for wet ingredients and the other hand for dry ingredients coat the meat in the flour, then in the eggs, and then in the bread crumbs, pressing the panko onto the pork to adhere. Set aside until ready to cook.
- In a large skillet over medium heat, add olive oil until it is about a 1/2-inch deep. Check the temperature of the oil by dipping the edge of the pork into the oil, if it does not sizzle and bubble STOP and WAIT! Check it again in another minute. If the oil is smoking it is too hot. When the oil is at the proper temperature gently add the pork. Do not crowd the pan or you will end up with greasy pork; it may be necessary to work in batches. When the pork is beautifully golden brown and cooked through, remove them from the pan and blot on paper towels.
- Put them on a baking sheet, sprinkle with salt and put them in a warm oven.
- In another large skillet over medium-high heat, pour in a thin layer of olive oil.
- Add the onions, season with salt, and cook them for 3 to 4 minutes.
- Add the mushrooms, season with salt, and cook until they are soft and wilted, about 3 to 4 minutes. If the pan is looking dry add another few drops of olive oil. Toss in the apples and

remove the pan from the heat.

- Add the escarole and radicchio and toss with the vinegar and more olive oil and salt, if needed.
- Arrange a piece of pork in the center of each plate and top with the salad.
- Sprinkle with the shaved pecorino and pumpkin seeds. You rock!

Nutrition Facts

PROTEIN 60.2% **FAT 29.95%** **CARBS 9.85%**

Properties

Glycemic Index:108, Glycemic Load:36.97, Inflammation Score:-10, Nutrition Score:72.220869437508%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg, Quercetin: 12.58mg

Nutrients (% of daily need)

Calories: 3519.91kcal (176%), Fat: 112.95g (173.76%), Saturated Fat: 32.69g (204.29%), Carbohydrates: 83.57g (27.86%), Net Carbohydrates: 76.6g (27.85%), Sugar: 8.36g (9.29%), Cholesterol: 1395.85mg (465.28%), Sodium: 1659.09mg (72.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 510.75g (1021.5%), Selenium: 640.78µg (915.39%), Vitamin B6: 16.79mg (839.48%), Vitamin B1: 10.64mg (709.03%), Vitamin B3: 134.52mg (672.58%), Phosphorus: 5328.78mg (532.88%), Vitamin B2: 4.78mg (281.45%), Zinc: 41.97mg (279.83%), Potassium: 8790.82mg (251.17%), Vitamin B12: 11.44µg (190.66%), Vitamin B5: 17.77mg (177.75%), Magnesium: 669.26mg (167.31%), Iron: 18.09mg (100.48%), Copper: 1.72mg (85.85%), Manganese: 1.47mg (73.26%), Vitamin K: 71.39µg (67.99%), Vitamin D: 9.14µg (60.96%), Folate: 215.52µg (53.88%), Vitamin E: 5.32mg (35.48%), Calcium: 341.38mg (34.14%), Fiber: 6.97g (27.88%), Vitamin A: 633.66IU (12.67%), Vitamin C: 7.4mg (8.97%)