



Pork Saltimbocca with Polenta

READY IN



45 min.

SERVINGS



6

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 2 tablespoons flour all-purpose
- ☐ 1.5 ounces fontina shredded
- ☐ 1 tablespoon sage fresh thinly sliced
- ☐ 6 large sage leaves fresh
- ☐ 2 cups milk 2% reduced-fat

- ☐ 1 tablespoon olive oil
- ☐ 1 cup polenta instant
- ☐ 24 ounce center-cut loin pork chops boneless trimmed
- ☐ 2 ounces pancetta very thin
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt

Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

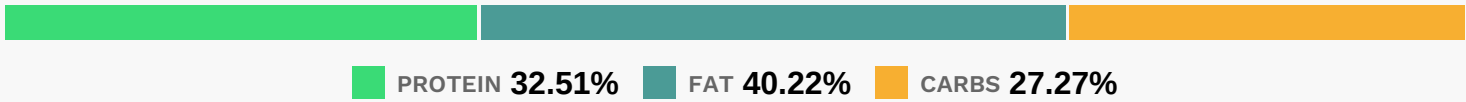
Directions

- ☐ To prepare pork, place each chop between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or rolling pin. Arrange 1 prosciutto slice over each chop; top with 1 sage leaf and about 1 tablespoon cheese. Fold chops in half to sandwich filling, and secure with wooden picks.
- ☐ Sprinkle both sides of chops with pepper and 1/8 teaspoon salt.
- ☐ Place flour in a shallow dish; dredge stuffed chops in flour.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chops; cook 3 minutes on each side or until done.
- ☐ Remove from pan; cover and keep warm.
- ☐ Add wine to pan, scraping pan to loosen browned bits; cook until reduced to 1/4 cup (about 2 minutes).
- ☐ Add 1 cup broth; bring to a boil. Cook until reduced to 1/2 cup (about 5 minutes). Stir in 1 tablespoon sage. Reduce heat to medium. Return chops to pan; cook 2 minutes or until thoroughly heated, turning once.
- ☐ To prepare polenta, bring milk and 1 can broth to a boil. Gradually stir in polenta and 1/2 teaspoon salt. Cover, reduce heat to medium-low, and cook 2 minutes.

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Serve polenta immediately with chops and sauce.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:1.5, Inflammation Score:-4, Nutrition Score:23.32434773186%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 432.4kcal (21.62%), Fat: 18.29g (28.14%), Saturated Fat: 6.78g (42.39%), Carbohydrates: 27.9g (9.3%), Net Carbohydrates: 27.32g (9.93%), Sugar: 4.62g (5.13%), Cholesterol: 96.73mg (32.24%), Sodium: 879.62mg (38.24%), Alcohol: 2.06g (100%), Alcohol %: 0.71% (100%), Protein: 33.26g (66.52%), Copper: 3.27mg (163.68%), Selenium: 50.09µg (71.56%), Vitamin B1: 0.88mg (58.68%), Vitamin B3: 10.59mg (52.95%), Vitamin B6: 0.95mg (47.45%), Phosphorus: 404.38mg (40.44%), Vitamin B2: 0.43mg (25.1%), Vitamin B12: 1.39µg (23.2%), Potassium: 646.35mg (18.47%), Zinc: 2.69mg (17.91%), Calcium: 156.02mg (15.6%), Vitamin B5: 1.46mg (14.62%), Magnesium: 52.93mg (13.23%), Manganese: 0.22mg (10.79%), Iron: 1.36mg (7.54%), Vitamin A: 210.15IU (4.2%), Vitamin E: 0.57mg (3.79%), Vitamin D: 0.53µg (3.56%), Folate: 11.51µg (2.88%), Fiber: 0.59g (2.35%), Vitamin K: 2.05µg (1.95%)