



Pork Scaloppine



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup chicken broth
- ☐ 3 teaspoons kosher salt
- ☐ 4 servings lemon asparagus
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon lemon zest
- ☐ 1 tablespoon olive oil
- ☐ 1 pound pork loins cut into 10 cutlets, then pounded to 1/

☐ 1 tablespoon butter unsalted

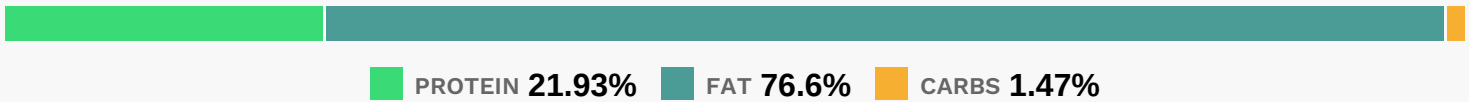
Equipment

- ☐ frying pan
- ☐ wooden spoon

Directions

- ☐ Heat the butter and oil in a large nonstick skillet over medium heat. Season the 10 pork cutlets with 2 teaspoons of the salt and the pepper. Cook the cutlets until lightly browned and cooked through, about 1 minute per side or until tender.
- ☐ Remove from pan. Set aside 4 cutlets and keep warm. Freeze 6 cutlets for another day.
- ☐ Add the chicken broth to the pan and simmer, scraping up the brown bits with a wooden spoon, until slightly thickened, about 5 minutes.
- ☐ Remove from heat and stir in the lemon juice and the remaining salt.
- ☐ Drizzle the meat with the pan juices and sprinkle with the zest.
- ☐ Serve with Lemon Asparagus.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.13, Inflammation Score:-2, Nutrition Score:11.857826216065%

Flavonoids

Eriodictyol: 1.56mg, Eriodictyol: 1.56mg, Eriodictyol: 1.56mg, Eriodictyol: 1.56mg Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 361.12kcal (18.06%), Fat: 30.52g (46.96%), Saturated Fat: 11.22g (70.12%), Carbohydrates: 1.32g (0.44%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.52g (0.58%), Cholesterol: 90.35mg (30.12%), Sodium: 2026.3mg (88.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.33%), Vitamin B1: 0.85mg (56.45%),

Selenium: 28.22µg (40.31%), Vitamin B3: 5.06mg (25.32%), Vitamin B6: 0.44mg (22.18%), Phosphorus: 203.23mg (20.32%), Vitamin B2: 0.31mg (17.96%), Zinc: 2.55mg (17.02%), Vitamin B12: 0.81µg (13.52%), Potassium: 352.27mg (10.06%), Vitamin C: 6.92mg (8.39%), Vitamin B5: 0.79mg (7.88%), Iron: 1.14mg (6.34%), Magnesium: 23.32mg (5.83%), Vitamin E: 0.63mg (4.17%), Copper: 0.07mg (3.38%), Manganese: 0.06mg (3.06%), Calcium: 24.64mg (2.46%), Vitamin K: 2.56µg (2.43%), Vitamin A: 99.63IU (1.99%), Folate: 7.01µg (1.75%), Fiber: 0.39g (1.56%)