



Pork schnitzel

READY IN



30 min.

SERVINGS



8

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs beaten
- ☐ 1 handful sage leaves finely chopped
- ☐ 140 g breadcrumbs dried
- ☐ 8 pork chops boneless fat trimmed
- ☐ 4 tbsp butter melted

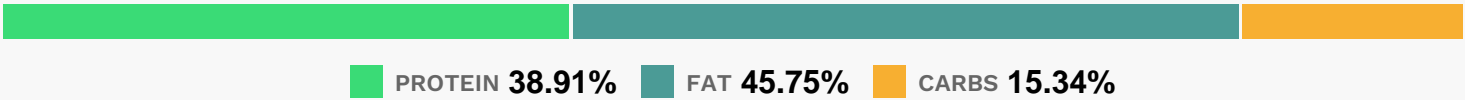
Equipment

- ☐ baking sheet
- ☐ grill

Directions

- ☐ Tip the sage leaves and breadcrumbs onto a plate, then mix together with a little seasoning.
- ☐ Pour the eggs onto another plate. Pat the pork dry, then coat each chop in the egg mixture, letting any excess drip away. Then dip in the breadcrumbs until well covered. Cook or wrap in cling film or freezer bags and freeze.
- ☐ To cook, defrost completely if frozen.
- ☐ Place the chops on a lightly greased baking sheet and brush with a little of the butter. Cook under a medium grill for 7-10 mins until browned. Then turn over, brush with more butter and cook for a further 7 mins until crisp, browned all over and cooked through.
- ☐ Serve with green beans, fresh peas and some mashed potato mixed with grated cheddar.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:23.475652150486%

Nutrients (% of daily need)

Calories: 345.31kcal (17.27%), Fat: 17.1g (26.3%), Saturated Fat: 7.52g (47.02%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 12.02g (4.37%), Sugar: 1.13g (1.26%), Cholesterol: 145.96mg (48.65%), Sodium: 253.76mg (11.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.71g (65.43%), Copper: 3.97mg (198.57%), Selenium: 52.21µg (74.59%), Vitamin B1: 1.07mg (71.43%), Vitamin B3: 11.88mg (59.38%), Vitamin B6: 1.01mg (50.65%), Phosphorus: 355.67mg (35.57%), Vitamin B2: 0.37mg (21.92%), Zinc: 2.5mg (16.69%), Potassium: 556.41mg (15.9%), Manganese: 0.3mg (14.97%), Vitamin B12: 0.88µg (14.69%), Vitamin B5: 1.25mg (12.47%), Magnesium: 45.98mg (11.5%), Iron: 1.85mg (10.28%), Folate: 24.11µg (6.03%), Calcium: 57.58mg (5.76%), Vitamin D: 0.76µg (5.04%), Vitamin A: 242.19IU (4.84%), Fiber: 0.88g (3.51%), Vitamin E: 0.47mg (3.12%), Vitamin K: 1.68µg (1.6%)