

Pork Schnitzel

♥♥ Popular

READY IN



30 min.

SERVINGS



4

CALORIES



504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pork chops boneless (1 pound total)
- ☐ 0.3 cup flour
- ☐ 1 teaspoon lawry's seasoned salt plain (Spike or Lawrey's, or just substitute salt)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 eggs beaten
- ☐ 2 tablespoons milk
- ☐ 0.8 cup breadcrumbs dry fine
- ☐ 1 teaspoon paprika

- ☐ 3 tablespoons canola oil
- ☐ 0.8 cup chicken stock see
- ☐ 0.5 teaspoon optional: dill dried fresh chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream sour (full fat)

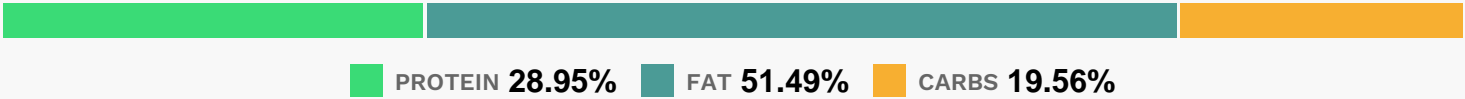
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Use a meat hammer to pound the pork cutlets to 1/4-1/8 inch thickness.
- ☐ Cut small slits around the edges of the cutlets to prevent curling.
- ☐ Set out 3 shallow bowls. One with a mixture of the flour, seasoned salt, and pepper. The second with the egg and milk whisked together. The third with a mixture of the breadcrumbs (or panko) and paprika.
- ☐ Heat the olive oil in a large skillet on medium high heat. Dredge the cutlets first in the seasoned flour, then dip the cutlets in the egg mixture, and then into the mixture of bread crumbs and paprika.
- ☐ Working in batches, sauté the cutlets for 3-4 minutes on each side.
- ☐ Remove the cutlets from the skillet and cover with foil or place in a warm oven to keep warm.
- ☐ Deglaze pan, make sour cream dill sauce:
- ☐ Add the chicken stock into the skillet to deglaze the pan, scraping the bottom of the pan to loosen the brown bits.
- ☐ In a small bowl mix the dill and salt into the sour cream. Stir the sour cream mixture into the chicken stock.
- ☐ Heat and stir until mixture thickens (do not let boil).
- ☐ Serve the cutlets with the sauce, and lemon slices if you like.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:4.48, Inflammation Score:-5, Nutrition Score:23.406521424003%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 504.34kcal (25.22%), Fat: 28.43g (43.73%), Saturated Fat: 8.53g (53.33%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 22.96g (8.35%), Sugar: 3.42g (3.8%), Cholesterol: 149.91mg (49.97%), Sodium: 1177.33mg (51.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.96g (71.93%), Selenium: 57.72µg (82.46%), Vitamin B1: 1.18mg (78.89%), Vitamin B3: 13.32mg (66.59%), Vitamin B6: 1.08mg (53.82%), Phosphorus: 410.49mg (41.05%), Vitamin B2: 0.52mg (30.71%), Potassium: 674.97mg (19.28%), Zinc: 2.79mg (18.57%), Vitamin B12: 0.98µg (16.33%), Manganese: 0.29mg (14.32%), Vitamin B5: 1.43mg (14.28%), Iron: 2.56mg (14.24%), Vitamin E: 2.1mg (13.97%), Magnesium: 53.85mg (13.46%), Folate: 45.38µg (11.34%), Vitamin A: 511.64IU (10.23%), Calcium: 97.96mg (9.8%), Copper: 0.18mg (9.1%), Vitamin K: 8.86µg (8.44%), Vitamin D: 0.84µg (5.59%), Fiber: 1.35g (5.38%)