



Pork Schnitzel with Dipping Sauce

READY IN



40 min.

SERVINGS



4

CALORIES



464 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 cup chicken stock see
- 1 eggs beaten
- 0.3 cup flour
- 2 teaspoons optional: dill fresh chopped
- 1 teaspoon paprika
- 2 tablespoons milk
- 0.8 cup panko bread crumbs
- 16 ounce pork chops boneless

- 0.5 teaspoon salt
- 0.5 cup cream sour
- 0.3 cup vegetable oil

Equipment

- bowl
- frying pan
- oven
- whisk
- meat tenderizer

Directions

- Place the pork chops between two sheets of heavy plastic (resealable freezer bags work well) on a solid, level surface. Firmly pound the pork with the smooth side of a meat mallet to a thickness of 1/8-inch. Trim any fat from the edges, and make a few small slits along the edge to prevent the pork from curling during cooking.
- Combine the flour, 1 teaspoon salt, and pepper in a bowl.
- Whisk the egg and milk together in another bowl until well blended, then mix the panko bread crumbs and paprika together in a third bowl. Dredge the pork chops in the flour mixture one at a time, then dip them into the egg mixture followed by the panko mixture.
- Heat the vegetable oil in a large skillet over medium-high heat. Arrange no more than two pork chops in the skillet at a time, cooking until the meat is golden brown no longer pink in the center, 3 to 4 minutes on each side.
- Place the pork chops in a warm oven to keep warm.
- Pour the chicken stock into the skillet used to cook the pork. Reduce the heat to low, and scrape up any brown bits in the bottom of the pan. As the stock simmers, mix the dill, 1/2 teaspoon salt, and sour cream together in a bowl.
- Whisk about 1/4 cup of the hot stock into the sour cream mixture, then pour it back into the skillet.
- Heat until warm and thick, about 5 minutes.
- Serve with the pork chops.

Nutrition Facts

PROTEIN 26.4% FAT 58.12% CARBS 15.48%

Properties

Glycemic Index:43.75, Glycemic Load:4.48, Inflammation Score:-5, Nutrition Score:20.239565236413%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 464.19kcal (23.21%), Fat: 29.64g (45.6%), Saturated Fat: 8.55g (53.43%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 16.84g (6.12%), Sugar: 2.86g (3.18%), Cholesterol: 136.11mg (45.37%), Sodium: 519.75mg (22.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.3g (60.6%), Selenium: 48.63µg (69.47%), Vitamin B1: 0.96mg (63.89%), Vitamin B3: 11.07mg (55.36%), Vitamin B6: 0.91mg (45.7%), Phosphorus: 348.44mg (34.84%), Vitamin B2: 0.45mg (26.32%), Vitamin K: 27.01µg (25.72%), Potassium: 576.49mg (16.47%), Zinc: 2.33mg (15.54%), Vitamin B12: 0.84µg (13.99%), Vitamin B5: 1.23mg (12.28%), Vitamin E: 1.66mg (11.1%), Magnesium: 44.07mg (11.02%), Iron: 1.91mg (10.59%), Vitamin A: 507.36IU (10.15%), Manganese: 0.2mg (9.82%), Folate: 35.82µg (8.96%), Calcium: 77.45mg (7.75%), Copper: 0.15mg (7.32%), Vitamin D: 0.76µg (5.04%), Fiber: 0.92g (3.7%)