



Pork Schnitzel with Noodles and Browned Cabbage

READY IN



45 min.

SERVINGS



4

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black divided
- ☐ 6 cups cabbage shredded
- ☐ 4 teaspoons canola oil divided
- ☐ 0.8 cup breadcrumbs dry
- ☐ 4 ounces extra wide egg noodles
- ☐ 3 large egg whites lightly beaten
- ☐ 0.3 cup fat-skimmed beef broth fat-free
- ☐ 0.3 cup flour all-purpose

- ☐ 1 pound pork tenderloins trimmed
- ☐ 0.3 cup cream sour reduced-fat
- ☐ 1 cup onion thinly sliced
- ☐ 1 teaspoon salt divided
- ☐ 1 teaspoon sugar

Equipment

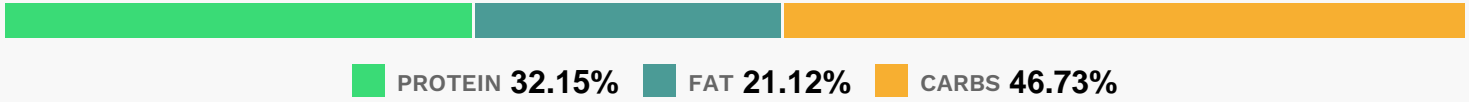
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ plastic wrap
- ☐ meat tenderizer

Directions

- ☐ Cook noodles according to package directions, omitting salt and fat.
- ☐ Drain.
- ☐ Combine noodles and sour cream in a large bowl, tossing well to coat.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over medium heat.
- ☐ Add cabbage, onion, sugar, 1/2 teaspoon salt, and 1/8 teaspoon pepper to pan; cook 6 minutes or until cabbage is wilted, stirring occasionally.
- ☐ Add broth; cook 6 minutes or until cabbage is lightly browned. Stir cabbage mixture into noodle mixture. Wipe pan clean with a paper towel.
- ☐ Cut pork crosswise into 12 (1-inch-thick) pieces.
- ☐ Place each piece between 2 sheets of heavy-duty plastic wrap; pound to 1/4-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle pork evenly with remaining 1/2 teaspoon salt and remaining 1/8 teaspoon pepper.
- ☐ Place flour in a shallow dish.
- ☐ Place egg whites in a shallow dish.
- ☐ Place breadcrumbs in a shallow dish. Dredge 1 pork cutlet in flour. Dip in egg whites; dredge in breadcrumbs. Repeat with remaining pork, flour, egg whites, and breadcrumbs.

- ☐ Heat 1 teaspoon oil in large nonstick skillet coated with cooking spray over medium heat; add 4 pieces pork to pan. Cook 3 minutes on each side or until pork is lightly browned and done.
- ☐ Remove pork from pan. Repeat procedure twice with remaining 2 teaspoons oil and pork.
- ☐ Serve with cabbage mixture, lemon wedges, and parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:73.02, Glycemic Load:15.85, Inflammation Score:-7, Nutrition Score:33.563478241796%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 455.84kcal (22.79%), Fat: 10.62g (16.34%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 52.87g (17.62%), Net Carbohydrates: 47.48g (17.26%), Sugar: 8.1g (9%), Cholesterol: 102.55mg (34.18%), Sodium: 946.73mg (41.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.38g (72.76%), Selenium: 71.36µg (101.94%), Vitamin B1: 1.53mg (101.85%), Vitamin K: 84.59µg (80.56%), Vitamin B6: 1.16mg (57.78%), Vitamin B3: 10.41mg (52.07%), Vitamin C: 41.52mg (50.33%), Phosphorus: 445.36mg (44.54%), Vitamin B2: 0.72mg (42.15%), Manganese: 0.74mg (37.03%), Potassium: 884.87mg (25.28%), Folate: 99.72µg (24.93%), Zinc: 3.38mg (22.53%), Fiber: 5.39g (21.58%), Iron: 3.64mg (20.23%), Magnesium: 78.66mg (19.67%), Vitamin B5: 1.71mg (17.07%), Copper: 0.3mg (14.92%), Vitamin B12: 0.85µg (14.2%), Calcium: 128.7mg (12.87%), Vitamin E: 1.29mg (8.57%), Vitamin A: 169.11IU (3.38%), Vitamin D: 0.34µg (2.27%)