



 **10%**
HEALTH SCORE

Pork schnitzel with tarragon cream sauce

READY IN



45 min.

SERVINGS



2

CALORIES



1072 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tsp pepper black
- 70 g breadcrumbs homemade
- 50 g salt and pepper with salt and black pepper
- 1 tsp cornstarch
- 0.8 cup double cream
- 2 eggs lightly beaten
- 50 g parmesan grated
- 250 g pork escalopes
- 4 Tbs unrefined sunflower oil for shallow frying

- 1 tsp tarragon dry finely chopped
- 0.8 cup vegetable stock
- 0.3 cup wine

Equipment

- bowl
- frying pan
- sauce pan
- rolling pin

Directions

- Using the side of a rolling pin or a meat tenderiser, gently beat the pork until flattened to a 0.5cm thickness.
- Sprinkle the seasoned flour onto a plate. Beat the eggs in a bowl.
- Mix the breadcrumbs with the grated parmesan and sprinkle the mixture onto another plate. Dredge each escalope lightly in the flour on both sides, shaking off any excess, then dip into the egg, then press into the breadcrumb mixture, to coat on both sides. Chill in the fridge for 20 minutes before cooking.
- Heat the oil in a frying pan over a medium heat and fry the schnitzels for 2–3 minutes on each side, or until golden–brown on both sides and completely cooked through (there should be no trace of pink in the middle).
- Remove from the pan and set aside to drain on kitchen paper. For the sauce, pour the wine into a small saucepan, add the tarragon sprig and bring to the boil. Continue to boil for 1–2 minutes, or until the volume of liquid has almost completely reduced.
- Pour in the stock and return the mixture to the boil. Boil for 3–4 minutes, or until reduced in volume by half, then add the cream and simmer for 2–3 minutes until thickened. Season, to taste, with salt and freshly ground black pepper, then stir in the chopped tarragon. To serve, place one pork schnitzel onto each of two plates and spoon over the sauce.
- Garnish with wedges of lemon and serve with your choice of vegetables on the side.

Nutrition Facts



■ PROTEIN 21.19% ■ FAT 66.37% ■ CARBS 12.44%

Properties

Glycemic Index:94.5, Glycemic Load:1.14, Inflammation Score:-8, Nutrition Score:21.824782608696%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Taste

Sweetness: 19.01%, Saltiness: 86.88%, Sourness: 13.71%, Bitterness: 10.18%, Savoriness: 45.66%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 1071.57kcal (53.58%), Fat: 78.04g (120.06%), Saturated Fat: 30.34g (189.6%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 30.87g (11.23%), Sugar: 6.43g (7.14%), Cholesterol: 281.53mg (93.84%), Sodium: 10787.59mg (469.03%), Alcohol: 3.09g (17.17%), Protein: 56.07g (112.14%), Vitamin E: 12.87mg (85.82%), Calcium: 463.64mg (46.36%), Selenium: 30.77µg (43.96%), Vitamin A: 1968.87IU (39.38%), Phosphorus: 378.96mg (37.9%), Vitamin B2: 0.61mg (35.83%), Manganese: 0.53mg (26.4%), Vitamin B1: 0.39mg (25.85%), Iron: 3.23mg (17.94%), Folate: 66.03µg (16.51%), Vitamin D: 2.43µg (16.22%), Vitamin B12: 0.96µg (15.95%), Zinc: 2.08mg (13.84%), Vitamin B3: 2.59mg (12.95%), Vitamin B5: 1.23mg (12.29%), Magnesium: 44.49mg (11.12%), Vitamin B6: 0.21mg (10.34%), Potassium: 291.24mg (8.32%), Fiber: 2.02g (8.08%), Copper: 0.16mg (8%), Vitamin K: 8.17µg (7.78%), Vitamin C: 0.94mg (1.13%)