



Pork Tonkatsu with Watermelon-Tomato Salad

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups baby arugula packed (lightly)
- ☐ 0.3 teaspoons pepper black freshly ground plus more
- ☐ 2 cups cherry tomatoes halved
- ☐ 2 tablespoons dijon mustard divided
- ☐ 2 large eggs
- ☐ 0.3 cup parsley fresh
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoons juice of lemon fresh

- ☐ 4 lemon wedges
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 cups panko bread crumbs (Japanese breadcrumbs)
- ☐ 16 ounce pork chops boneless
- ☐ 6 tablespoon vegetable oil divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Whisk olive oil, 1 tablespoon mustard, and juice in a small bowl. Season dressing with salt and pepper. Set salad and dressing aside.
- ☐ Whisk eggs and 1 tablespoon mustard in a medium bowl.
- ☐ Combine panko, 1/2 teaspoon salt, and 1/4 teaspoon pepper on a large plate. Season pork lightly with salt and pepper. Dip in egg mixture, then in panko, pressing to adhere.
- ☐ Working in 2 batches, heat 2 tablespoons vegetable oil in a large nonstick skillet over medium heat and cook pork until golden brown and cooked through, about 2 minutes per side, adding 1 tablespoon vegetable oil after turning.
- ☐ Drain on paper towels.
- ☐ Toss salad with dressing; season to taste with salt and pepper.
- ☐ Serve pork with salad and lemon wedges for squeezing over.
- ☐ Per serving: 515 calories, 36 g fat, 18 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:31.092174177584%

Flavonoids

Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg, Eriodictyol: 4.03mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg, Kaempferol: 3.56mg Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg, Myricetin: 0.65mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 657.89kcal (32.89%), Fat: 46.24g (71.13%), Saturated Fat: 8.95g (55.94%), Carbohydrates: 27.78g (9.26%), Net Carbohydrates: 24.75g (9%), Sugar: 4.7g (5.22%), Cholesterol: 168.98mg (56.33%), Sodium: 696.4mg (30.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.21g (66.42%), Vitamin K: 122.5µg (116.67%), Selenium: 55.81µg (79.73%), Vitamin B1: 1.11mg (74.22%), Vitamin B3: 11.61mg (58.04%), Vitamin B6: 0.99mg (49.66%), Vitamin C: 34.49mg (41.81%), Phosphorus: 394.99mg (39.5%), Vitamin E: 4.6mg (30.63%), Vitamin B2: 0.48mg (28.41%), Manganese: 0.46mg (23.04%), Potassium: 778.17mg (22.23%), Vitamin A: 1067.23IU (21.34%), Iron: 3.66mg (20.35%), Zinc: 2.77mg (18.46%), Folate: 72.21µg (18.05%), Magnesium: 64.15mg (16.04%), Vitamin B5: 1.59mg (15.91%), Vitamin B12: 0.93µg (15.48%), Fiber: 3.02g (12.1%), Copper: 0.24mg (12.09%), Calcium: 116.71mg (11.67%), Vitamin D: 0.95µg (6.36%)