



Pork with Lemon-Caper Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons capers rinsed drained
- ☐ 1 tablespoon cooking wine dry white
- ☐ 1 large egg white lightly beaten
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup flour all-purpose
- ☐ 3 tablespoons italian-seasoned breadcrumbs
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon rind grated

- ☐ 2 teaspoons olive oil
- ☐ 3 tablespoons preshredded parmesan cheese fresh
- ☐ 16 ounce center-cut pork chops boneless (1/)
- ☐ 0.1 teaspoon salt

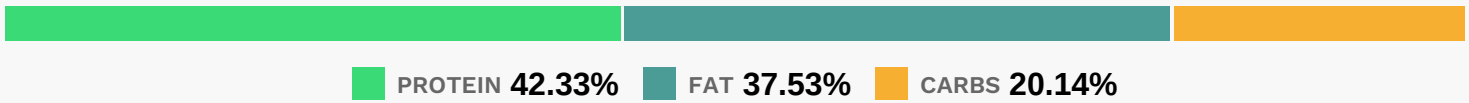
Equipment

- ☐ frying pan

Directions

- ☐ Combine flour and salt in a shallow dish.
- ☐ Place breadcrumbs, cheese, and pepper in a shallow dish; place egg white in another shallow dish. Dredge pork in flour mixture, dip in egg white, and dredge in breadcrumb mixture. Coat pork with cooking spray.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork to pan; cook 4 minutes on each side or until done.
- ☐ Remove from pan; keep warm.
- ☐ Add broth and remaining ingredients to pan, scraping pan to loosen browned bits. Cook 2 minutes or until reduced to 1/4 cup (about 2 minutes).
- ☐ Serve with pork.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:5.81, Inflammation Score:-3, Nutrition Score:16.864347882893%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg, Hesperetin: 0.56mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 284.72kcal (14.24%), Fat: 11.44g (17.59%), Saturated Fat: 3.8g (23.72%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 13.07g (4.75%), Sugar: 0.73g (0.81%), Cholesterol: 78.6mg (26.2%), Sodium: 445.32mg (19.36%), Alcohol: 0.39g (100%), Alcohol %: 0.27% (100%), Protein: 29.02g (58.04%), Selenium: 46.06µg (65.8%), Vitamin B1: 0.92mg (61.03%), Vitamin B3: 10.33mg (51.64%), Vitamin B6: 0.85mg (42.64%), Phosphorus: 312.48mg (31.25%), Vitamin B2: 0.35mg (20.58%), Potassium: 485.68mg (13.88%), Zinc: 2.06mg (13.74%), Vitamin B12: 0.74µg (12.27%), Vitamin B5: 0.99mg (9.92%), Magnesium: 39.23mg (9.81%), Manganese: 0.18mg (8.97%), Iron: 1.55mg (8.62%), Folate: 29.92µg (7.48%), Calcium: 71.01mg (7.1%), Copper: 0.11mg (5.58%), Vitamin K: 5.21µg (4.97%), Vitamin E: 0.49mg (3.24%), Vitamin D: 0.47µg (3.15%), Fiber: 0.74g (2.95%), Vitamin C: 1.86mg (2.25%), Vitamin A: 50.65IU (1.01%)