



## Pork With Peaches And Mustard

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings eggs
- 4 servings flour
- 1 leaf flat parsley fresh chopped
- 4 servings mustard
- 4 servings panko bread crumbs
- 4 servings peaches or any stone fruit ripe
- 4 servings bell pepper
- 4 servings pork loin chops thin-cut boneless

- 4 servings salt
- 4 servings vegetable oil

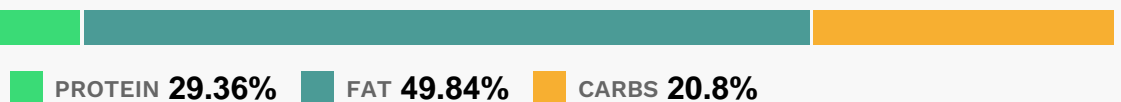
## Equipment

- bowl
- frying pan
- oven

## Directions

- For the pork: Preheat the oven to 175°F. On a plate, stir together the flour, salt and pepper. Beat the eggs in a shallow dish.
- Spread the panko on a second plate. Working with 1 pork chop at a time, dredge in the seasoned flour, dip in egg, then coat in the panko, pressing firmly to adhere. Repeat until all pork chops are breaded. In a large sauté pan, heat the oil over high heat until it reaches 375°F. Carefully lower 2 cutlets into the oil and fry for 2 minutes, until just golden brown. Flip and fry for 2 minutes more, until the other side is golden.
- Remove the pork from the oil and transfer to a baking rack in the oven to keep warm until the remaining pork chops are cooked. For the compote: In a large bowl, mix the peaches, mustard, salt and parsley. For serving: Top each cutlet with compote.
- Serve immediately. More pork recipes on Food Republic: [Spiced Pork Belly With Fennel And Tomato Salad Recipe](#)
- [Pork](#)
- [Cutlets With Pickled Pearl Onions And Pancetta Recipe](#)
- [Zakary Pelaccio's Pork Fries Recipe](#)

## Nutrition Facts



## Properties

Glycemic Index: 52.81, Glycemic Load: 10.29, Inflammation Score: -10, Nutrition Score: 34.840435173201%

## Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

## Nutrients (% of daily need)

Calories: 511.14kcal (25.56%), Fat: 28.41g (43.71%), Saturated Fat: 6.9g (43.15%), Carbohydrates: 26.68g (8.89%), Net Carbohydrates: 22.4g (8.14%), Sugar: 16.03g (17.81%), Cholesterol: 253.46mg (84.49%), Sodium: 405.68mg (17.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.65g (75.3%), Vitamin C: 101.86mg (123.47%), Selenium: 65.58µg (93.69%), Vitamin B1: 1.07mg (71.05%), Vitamin B3: 13.22mg (66.08%), Vitamin B6: 1.31mg (65.51%), Vitamin A: 3089.17IU (61.78%), Phosphorus: 457.63mg (45.76%), Vitamin K: 38.29µg (36.47%), Vitamin B2: 0.6mg (35.5%), Vitamin E: 4.08mg (27.19%), Potassium: 919.65mg (26.28%), Zinc: 3.28mg (21.85%), Vitamin B5: 2.17mg (21.69%), Folate: 79.47µg (19.87%), Vitamin B12: 1.11µg (18.42%), Fiber: 4.29g (17.14%), Magnesium: 65.67mg (16.42%), Iron: 2.77mg (15.37%), Manganese: 0.28mg (13.94%), Copper: 0.25mg (12.7%), Vitamin D: 1.42µg (9.44%), Calcium: 51.81mg (5.18%)