



Pork With Sweet Caramelized Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon paprika
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce pork loin cutlets
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vegetable oil

- ☐ 1 pound vidalia sweet thinly sliced
- ☐ 0.3 cup water

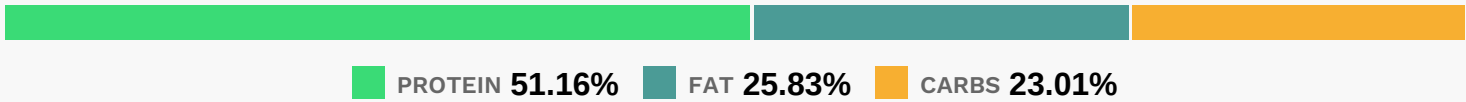
Equipment

- ☐ frying pan

Directions

- ☐ Combine paprika, cumin, pepper, and 1/8 teaspoon salt.
- ☐ Sprinkle evenly over pork.
- ☐ Heat 1 teaspoon oil in a large nonstick skillet over high heat.
- ☐ Add onion, sugar, and 1/4 teaspoon salt; cook 5 minutes or until browned.
- ☐ Remove from pan, and keep warm.
- ☐ Reduce heat to medium-high; add 1 teaspoon oil.
- ☐ Add pork, and cook 1 minute. Turn pork, and add onion to pan.
- ☐ Add water, and cook 3 minutes or until pork is done.
- ☐ NOTE: If wafer-thin pork cutlets are not available, pound cutlets to 1/4-inch thickness.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:2.12, Inflammation Score:-6, Nutrition Score:13.963912943135%

Flavonoids

Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg, Quercetin: 16.47mg

Nutrients (% of daily need)

Calories: 209.42kcal (10.47%), Fat: 5.92g (9.11%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 10.71g (3.89%), Sugar: 8.72g (9.69%), Cholesterol: 71.44mg (23.81%), Sodium: 284.04mg (12.35%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.78%), Vitamin B6: 1.01mg (50.52%), Selenium: 32.03µg (45.76%), Vitamin B1: 0.55mg (36.76%), Vitamin B3: 6.7mg (33.52%), Phosphorus: 287.99mg (28.8%), Potassium: 570.99mg (16.31%), Zinc: 2.22mg (14.77%), Vitamin B2: 0.24mg (14.08%), Magnesium: 41.42mg (10.35%), Vitamin B12: 0.58µg (9.64%), Vitamin B5: 0.96mg (9.64%), Copper: 0.14mg (6.88%), Vitamin C: 5.46mg (6.62%), Folate: 26.25µg (6.56%), Iron: 1.14mg (6.34%), Manganese: 0.12mg (6.15%), Fiber: 1.17g (4.66%), Calcium: 32.41mg (3.24%), Vitamin D: 0.45µg (3.02%), Vitamin K: 2.83µg (2.69%), Vitamin A: 128.13IU (2.56%), Vitamin E: 0.34mg (2.3%)