



Southwestern Pork Cutlets

 Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



665 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chili powder
- ☐ 2 bell peppers green roughly chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup milk
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 cups panko bread crumbs Japanese breadcrumbs
- ☐ 1.5 pounds pork cutlets

☐ 1.5 pounds sweet potatoes peeled cut into 3/4-inch pieces

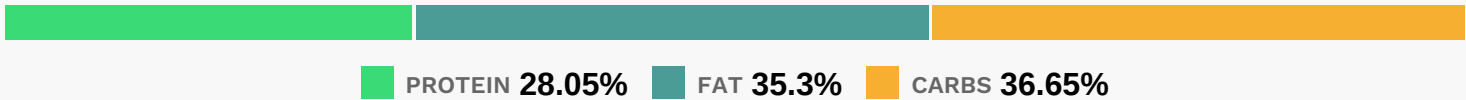
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Position racks in the upper and lower thirds of the oven and preheat to 425 degrees F. Toss the sweet potatoes and peppers with the olive oil, 1/2 teaspoon salt, and pepper to taste on a rimmed baking sheet; spread in a single layer.
- ☐ Bake on the lower oven rack until tender and charred in spots, about 35 minutes. Meanwhile, set a wire rack on another rimmed baking sheet and coat with cooking spray. Stir the mayonnaise, milk, chili powder and 1 teaspoon salt in a large bowl.
- ☐ Place the panko in another large bowl.
- ☐ Add the pork to the mayonnaise mixture and turn to coat. One at a time, transfer each cutlet to the bowl of panko and turn to coat; arrange on the wire rack. Coat both sides of the cutlets generously with cooking spray.
- ☐ Bake the cutlets on the upper oven rack until golden brown and cooked through, 12 to 18 minutes.
- ☐ Serve the pork with the roasted vegetables, salsa verde and lime wedges.
- ☐ Photograph by Christopher Testani

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:17.38, Inflammation Score:-10, Nutrition Score:43.017391204834%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 664.58kcal (33.23%), Fat: 25.84g (39.75%), Saturated Fat: 5.42g (33.86%), Carbohydrates: 60.36g (20.12%), Net Carbohydrates: 52.2g (18.98%), Sugar: 11.36g (12.62%), Cholesterol: 119.97mg (39.99%), Sodium: 719.71mg (31.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.21g (92.42%), Vitamin A: 24978.64IU (499.57%), Vitamin B1: 1.65mg (110.03%), Selenium: 68.28µg (97.55%), Vitamin B6: 1.86mg (93.17%), Vitamin B3: 17.53mg (87.65%), Vitamin C: 51.93mg (62.95%), Phosphorus: 563.72mg (56.37%), Manganese: 0.84mg (41.84%), Potassium: 1459.21mg (41.69%), Vitamin K: 38.64µg (36.8%), Vitamin B2: 0.61mg (35.71%), Fiber: 8.16g (32.64%), Vitamin B5: 2.95mg (29.53%), Magnesium: 112.26mg (28.06%), Zinc: 3.9mg (25.98%), Copper: 0.49mg (24.63%), Iron: 3.97mg (22.07%), Vitamin E: 3.15mg (20.97%), Vitamin B12: 1.07µg (17.86%), Calcium: 147.05mg (14.71%), Folate: 58.02µg (14.51%), Vitamin D: 0.71µg (4.71%)