



Swiss cheese schnitzel

READY IN



20 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 slices bread white (100g 4oz)
- ☐ 50 g emmental cheese
- ☐ 700 g pork steak trimmed of fat
- ☐ 1 eggs beaten
- ☐ 2 tbsp olive oil

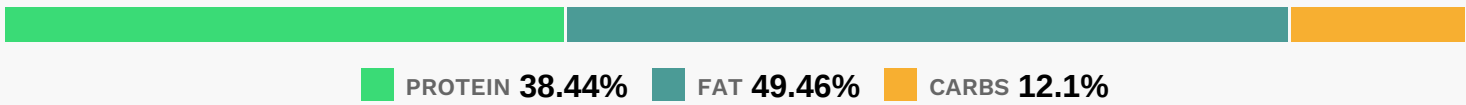
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Whizz the bread in a food processor until fine.
- ☐ Mix breadcrumbs and cheese together, tip onto a large plate, then season. Dip the pork in the egg, then press both sides into the breadcrumb mixture to coat all over.
- ☐ Heat the oil in a large non-stick frying pan and fry the steaks for 3–4 mins on each side until cooked through.
- ☐ Serve with a crisp salad or try the Swiss-style salad, below.

Nutrition Facts



Properties

Glycemic Index:25.44, Glycemic Load:8.82, Inflammation Score:-4, Nutrition Score:25.569565327271%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 425.23kcal (21.26%), Fat: 22.81g (35.09%), Saturated Fat: 7.29g (45.54%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 11.98g (4.36%), Sugar: 1.38g (1.53%), Cholesterol: 157.54mg (52.51%), Sodium: 271.89mg (11.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.9g (79.79%), Selenium: 62.29µg (88.98%), Vitamin B1: 1.11mg (73.93%), Vitamin B2: 0.82mg (48.24%), Vitamin B6: 0.96mg (48.11%), Phosphorus: 475.28mg (47.53%), Zinc: 6.79mg (45.25%), Vitamin B3: 8.88mg (44.42%), Vitamin B12: 2.07µg (34.47%), Vitamin B5: 3.1mg (30.99%), Calcium: 194.73mg (19.47%), Potassium: 646.63mg (18.48%), Iron: 3.19mg (17.71%), Magnesium: 50.69mg (12.67%), Vitamin E: 1.67mg (11.16%), Copper: 0.22mg (11.16%), Manganese: 0.17mg (8.72%), Folate: 34.04µg (8.51%), Vitamin D: 1.27µg (8.47%), Vitamin K: 4.47µg (4.26%), Vitamin A: 163.4IU (3.27%), Fiber: 0.57g (2.3%)