



Vienna Schnitzel

READY IN



35 min.

SERVINGS



6

CALORIES



727 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

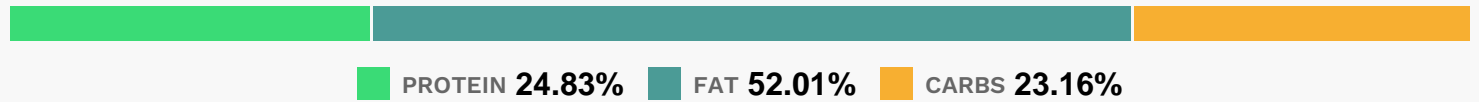
- 1 cup cake flour
- 2 cups breadcrumbs dry
- 2 eggs
- 0.3 cup milk
- 1 quart cooking oil for deep frying
- 36 ounce pork tenderloin
- 6 servings salt and pepper to taste

Equipment

Directions

- Heat deep-fryer to 350 degrees F (175 degrees C).
- Place meat on a solid, level surface and pound with a mallet until it is 1/8 to 1/4 inch thick.
- Place the flour and bread crumbs in separate dishes. Soup plates are useful. Lightly beat the eggs and add the milk. Lightly season with salt and pepper and put this into another soup plate.
- Coat the meat in flour, patting lightly by hand. Using a fork to hold the meat, dip into the egg mixture and drain slightly. Next, coat with the breadcrumbs by lightly pressing the crumbs into the meat. When each piece of meat has been prepared, deep fry in cooking oil until golden brown.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:9.97, Inflammation Score:-6, Nutrition Score:31.017391028612%

Nutrients (% of daily need)

Calories: 727.46kcal (36.37%), Fat: 41.52g (63.88%), Saturated Fat: 5.46g (34.14%), Carbohydrates: 41.6g (13.87%), Net Carbohydrates: 39.48g (14.36%), Sugar: 2.84g (3.16%), Cholesterol: 166.34mg (55.45%), Sodium: 570.87mg (24.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.61g (89.22%), Vitamin B1: 2.05mg (136.45%), Selenium: 73.58µg (105.11%), Vitamin B3: 13.86mg (69.31%), Vitamin B6: 1.38mg (69.18%), Phosphorus: 532.25mg (53.23%), Vitamin B2: 0.81mg (47.76%), Vitamin E: 6.17mg (41.11%), Zinc: 4.11mg (27.41%), Manganese: 0.52mg (26.23%), Vitamin K: 25µg (23.81%), Potassium: 795.41mg (22.73%), Iron: 3.83mg (21.3%), Vitamin B12: 1.2µg (19.93%), Vitamin B5: 1.98mg (19.76%), Magnesium: 69.6mg (17.4%), Copper: 0.29mg (14.6%), Folate: 52.29µg (13.07%), Calcium: 100.05mg (10%), Fiber: 2.12g (8.48%), Vitamin D: 0.92µg (6.1%), Vitamin A: 99.49IU (1.99%)