



Warm Spinach Salad With Pork Milanese

READY IN



30 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 ounces baby spinach
- ☐ 1 cup breadcrumbs
- ☐ 1 pint multicolored cherry tomatoes
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 8 basil leaves fresh
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 0.5 pound boston butt pork shoulder sliced
- ☐ 1 pinch pepper flakes red
- ☐ 0.3 cup vegetable oil

Equipment

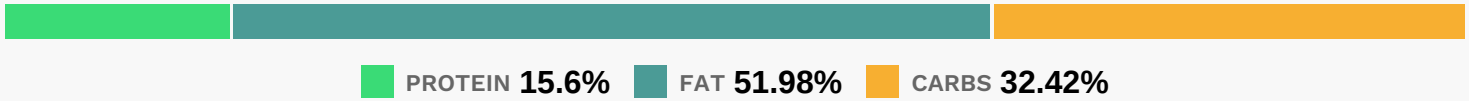
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Prepare the pork: Pound the meat between 2 pieces of plastic wrap with a heavy skillet or mallet until thin. Crack the egg into a shallow bowl and add a touch of cold water; whisk to blend.
- ☐ Put the flour in a separate shallow bowl.
- ☐ Combine the breadcrumbs and parmesan in a third bowl; season with salt and pepper. Dip each slice of pork in the flour, then the egg, then the breadcrumb mixture, turning to coat.
- ☐ Place in a single layer on a baking sheet; set aside.
- ☐ Heat 2 tablespoons vegetable oil in a large skillet over medium heat.
- ☐ Remove from the heat and add the pork slices in a single layer. Return to the heat and cook until golden brown, about 3 minutes.
- ☐ Add the remaining 2 tablespoons vegetable oil and flip the pork; cook 2 to 3 more minutes, or until cooked through.
- ☐ Transfer to paper towels to drain; slice into strips.
- ☐ Make the salad: Wipe out the skillet.

- ☐
- Add the olive oil and tomatoes and increase the heat to high. Season with salt, add the red pepper flakes and cook until the tomatoes blister, 1 to 2 minutes; stir in the basil and lemon juice.
- ☐
- Place half of the spinach in a medium bowl.
- ☐
- Pour the tomatoes and any pan juices over the spinach and toss to wilt slightly; taste for seasoning. Toss with the remaining spinach. Divide among plates and top with the pork.
- ☐
- Serve immediately.
- ☐
- Photograph by David Malosh

Nutrition Facts



Properties

Glycemic Index:44.25, Glycemic Load:4.51, Inflammation Score:-10, Nutrition Score:28.243478194527%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 392.95kcal (19.65%), Fat: 22.95g (35.31%), Saturated Fat: 4.38g (27.4%), Carbohydrates: 32.22g (10.74%), Net Carbohydrates: 29g (10.54%), Sugar: 4.97g (5.52%), Cholesterol: 70.76mg (23.59%), Sodium: 698.44mg (30.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.5g (31%), Vitamin K: 241.08µg (229.6%), Vitamin A: 4696.19IU (93.92%), Vitamin C: 40.79mg (49.45%), Vitamin B1: 0.71mg (47.37%), Manganese: 0.83mg (41.34%), Folate: 150.04µg (37.51%), Selenium: 24.96µg (35.66%), Vitamin B2: 0.43mg (25.01%), Iron: 4.33mg (24.04%), Vitamin B3: 4.69mg (23.46%), Vitamin E: 3.33mg (22.2%), Phosphorus: 210.31mg (21.03%), Potassium: 700.76mg (20.02%), Vitamin B6: 0.38mg (19.09%), Magnesium: 67.55mg (16.89%), Zinc: 2.15mg (14.33%), Copper: 0.27mg (13.57%), Calcium: 130.58mg (13.06%), Fiber: 3.22g (12.89%), Vitamin B12: 0.51µg (8.55%), Vitamin B5: 0.85mg (8.5%), Vitamin D: 0.26µg (1.71%)