



Wiener Schnitzel

READY IN



22 min.

SERVINGS



4

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 to 8 anchovies
- ☐ 3 tablespoons butter
- ☐ 3 tablespoons canola oil
- ☐ 8 teaspoons capers
- ☐ 1 cup bread crumbs dry fine
- ☐ 3 large eggs lightly beaten
- ☐ 4 eggs
- ☐ 0.5 cup flour
- ☐ 1 optional: lemon

- ☐ 1.5 pounds pork scallops divided for scaloppini thin
- ☐ 4 servings salt and pepper black freshly ground

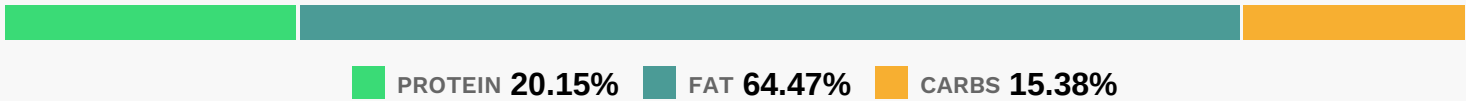
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Place flour, eggs, and bread crumbs in 3 individual shallow dishes. Season cutlets with salt and pepper. Dredge in flour, shake of excess, dredge through egg, and last in bread crumbs.
- ☐ Heat the oil in large skillet, add butter, and heat until foam subsides.
- ☐ Add 1 Schnitzel at a time to pan, brown from both sides about 2 to 3 minutes.
- ☐ Transfer to plate lined with paper towels and place in 250 degree F oven to keep warm. Repeat with other Schnitzel.
- ☐ Serve with lemon wedges.
- ☐ Fry eggs and top each cutlet with an egg. Top with 1or 2 anchovy fillets and sprinkle with capers, to taste.

Nutrition Facts



Properties

Glycemic Index:45.63, Glycemic Load:9.09, Inflammation Score:-6, Nutrition Score:31.847826045492%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg, Quercetin: 7.21mg

Nutrients (% of daily need)

Calories: 909.77kcal (45.49%), Fat: 64.71g (99.55%), Saturated Fat: 22.53g (140.81%), Carbohydrates: 34.73g (11.58%), Net Carbohydrates: 32.18g (11.7%), Sugar: 2.72g (3.02%), Cholesterol: 450.62mg (150.21%), Sodium: 591.93mg (25.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.51g (91.01%), Selenium: 80.69µg (115.27%), Vitamin B1: 1.68mg (111.72%), Vitamin B2: 0.98mg (57.83%), Vitamin B3: 10.77mg (53.87%), Phosphorus: 534.82mg (53.48%), Vitamin B6: 0.86mg (42.92%), Zinc: 5.4mg (36.02%), Vitamin B12: 2.05µg (34.22%), Iron: 5.32mg (29.57%), Folate: 108.88µg (27.22%), Vitamin B5: 2.69mg (26.94%), Manganese: 0.42mg (21.06%), Potassium: 728.32mg (20.81%), Vitamin E: 3.07mg (20.45%), Vitamin C: 15.67mg (19%), Magnesium: 62.65mg (15.66%), Vitamin A: 728.41IU (14.57%), Calcium: 138.67mg (13.87%), Copper: 0.26mg (13.06%), Vitamin K: 11.45µg (10.9%), Vitamin D: 1.63µg (10.87%), Fiber: 2.55g (10.18%)