



## Amazing Pork Chops in Cream Sauce

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 tablespoons butter
- ☐ 8 ounce mushrooms fresh sliced
- ☐ 8 servings ground pepper black to taste
- ☐ 0.8 cup heavy cream
- ☐ 8 pork chops boneless
- ☐ 8 servings salt to taste
- ☐ 0.8 cup white wine

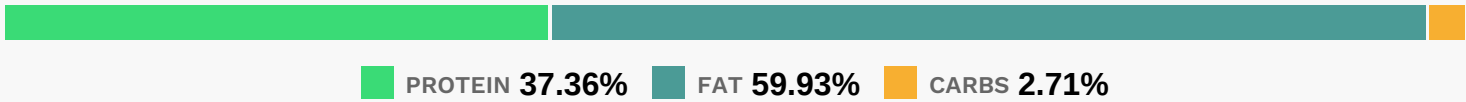
### Equipment

☐ frying pan

## Directions

- ☐ Melt butter in a large skillet over medium heat. Season pork chops with salt and pepper, and arrange in a single layer in pan. Pan-fry for 2 minutes on each side to brown.
- ☐ Pour in wine, and continue cooking for 6 minutes.
- ☐ Remove chops from pan.
- ☐ Pour cream into the skillet, and then add mushrooms. Increase heat to high; cook for 5 minutes, stirring frequently, until sauce reduces and thickens. Return chops to pan to warm before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.13, Glycemic Load:0.31, Inflammation Score:-5, Nutrition Score:17.957391070283%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 346.14kcal (17.31%), Fat: 21.71g (33.4%), Saturated Fat: 11.13g (69.56%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.43g (1.59%), Cholesterol: 126.28mg (42.09%), Sodium: 300.45mg (13.06%), Alcohol: 2.32g (100%), Alcohol %: 1.38% (100%), Protein: 30.46g (60.91%), Selenium: 47.74µg (68.2%), Vitamin B1: 0.92mg (61.51%), Vitamin B3: 11.77mg (58.85%), Vitamin B6: 1.02mg (51.09%), Phosphorus: 345.63mg (34.56%), Vitamin B2: 0.41mg (24.07%), Potassium: 629.77mg (17.99%), Zinc: 2.31mg (15.41%), Vitamin B5: 1.47mg (14.73%), Vitamin B12: 0.77µg (12.77%), Magnesium: 41.48mg (10.37%), Vitamin A: 465.1IU (9.3%), Copper: 0.17mg (8.5%), Vitamin D: 0.95µg (6.33%), Iron: 0.91mg (5.04%), Vitamin E: 0.51mg (3.37%), Manganese: 0.06mg (3.13%), Calcium: 28.8mg (2.88%), Folate: 6.11µg (1.53%), Vitamin K: 1.34µg (1.27%), Fiber: 0.31g (1.24%)