



 12%
HEALTH SCORE

Cheese Pork Chops

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons dijon mustard
- 0.5 cup gruyere cheese shredded
- 0.5 cup cup heavy whipping cream
- 1 teaspoon olive oil
- 4 pork chops
- 4 servings salt and pepper
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- oven
- stove

Directions

- In a heavy bottom skillet melt the butter with the olive oil. Saut` the pork chops over medium high 3 minutes on each sided. Lower the heat to medium and cook for another 5 to 6 minutes for side.Salt and pepper to taste.Meanwhile turn on the broil.
- Mix together in a bowl the heavy cream, mustard and the cheese.
- Remove the chops from the stove and place them in a oven proof dish.
- Spread the cheese-cream mixture over the chops and broil for about 5 minutes.

Nutrition Facts

PROTEIN 34.11% **FAT 64.62%** **CARBS 1.27%**

Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:19.097391304348%

Nutrients (% of daily need)

Calories: 415.51kcal (20.78%), Fat: 29.46g (45.32%), Saturated Fat: 15.2g (94.99%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 0.98g (0.36%), Sugar: 1.04g (1.15%), Cholesterol: 149.07mg (49.69%), Sodium: 466.86mg (20.3%), Protein: 34.99g (69.97%), Selenium: 50.22µg (71.75%), Vitamin B1: 0.92mg (61.6%), Vitamin B3: 10.78mg (53.92%), Vitamin B6: 1mg (50.09%), Phosphorus: 428.86mg (42.89%), Vitamin B2: 0.36mg (20.94%), Calcium: 201.36mg (20.14%), Zinc: 2.84mg (18.96%), Vitamin B12: 1.03µg (17.13%), Potassium: 553.59mg (15.82%), Vitamin A: 691.9IU (13.84%), Vitamin B5: 1.17mg (11.69%), Magnesium: 46.54mg (11.63%), Vitamin D: 1.16µg (7.76%), Vitamin E: 0.75mg (4.97%), Iron: 0.86mg (4.75%), Copper: 0.09mg (4.49%), Vitamin K: 2.36µg (2.24%), Manganese: 0.04mg (2.22%), Fiber: 0.32g (1.29%)