



Côtés de Porc



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 0.3 cup cornichons thinly sliced
- ☐ 1 teaspoon dijon mustard
- ☐ 0.7 cup less-sodium chicken broth fat-free
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 tablespoon olive oil divided
- ☐ 36 ounce loin pork chops bone-in trimmed (1/)
- ☐ 0.5 teaspoon sea salt divided

- ☐ 0.5 cup shallots minced (4)
- ☐ 0.7 cup white wine

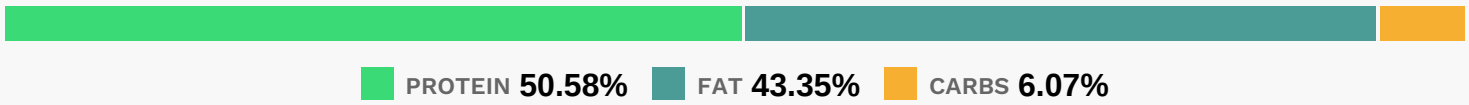
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle the pork chops with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add pork; cook 8 minutes or until golden brown, turning after 4 minutes.
- ☐ Remove pork from pan; keep warm.
- ☐ Add 1 teaspoon oil and shallots to pan; cook for 1 minute or until soft, stirring constantly. Stir in broth and wine, scraping the pan to loosen browned bits. Bring to a boil; cook until reduced to 1/2 cup (about 8 minutes). Stir in 1/4 teaspoon salt, 1/4 teaspoon pepper, and mustard.
- ☐ Remove from heat; stir in the cornichons. Arrange pork on a platter; pour sauce over pork.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.96, Inflammation Score:-5, Nutrition Score:23.054782390594%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 323.89kcal (16.19%), Fat: 14.27g (21.95%), Saturated Fat: 4.5g (28.15%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 3.63g (1.32%), Sugar: 1.95g (2.16%), Cholesterol: 113.97mg (37.99%), Sodium: 470.96mg (20.48%), Alcohol: 2.75g (100%), Alcohol %: 1.37% (100%), Protein: 37.45g (74.9%), Selenium: 57.41µg (82.02%), Vitamin B1: 1.15mg (76.89%), Vitamin B3: 13.84mg (69.18%), Vitamin B6: 1.32mg (66.18%), Vitamin K: 45.99µg (43.8%), Phosphorus: 407.34mg (40.73%), Potassium: 745.68mg (21.31%), Vitamin B2: 0.33mg (19.52%), Zinc: 2.79mg (18.59%), Vitamin B12: 0.95µg (15.87%), Vitamin B5: 1.35mg (13.53%), Magnesium: 53.48mg (13.37%), Iron: 1.42mg (7.89%), Manganese: 0.13mg (6.67%), Copper: 0.13mg (6.53%), Vitamin C: 4.97mg (6.02%), Vitamin A: 232.03IU (4.64%), Vitamin D: 0.68µg (4.54%), Vitamin E: 0.59mg (3.96%), Fiber: 0.87g (3.48%), Folate: 11.17µg (2.79%), Calcium: 27.47mg (2.75%)