



## Creamy Mustard Pork Chops

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 lb pork chops bone-in
- 2 Tbsp grey poupon harvest coarse ground mustard
- 10 oz philadelphia original cooking creme
- 1 Tbsp parsley fresh chopped
- 1 clove garlic minced
- 1 jonathan and granny smith apple sliced
- 0.3 cup milk
- 1 onion

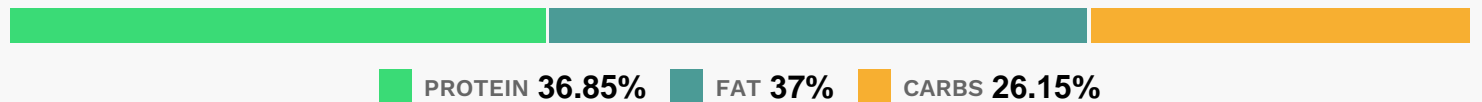
# Equipment

- frying pan

# Directions

- Cook and stir apples, onions and garlic in large skillet sprayed with cooking spray on medium heat 4 min. or until onions are crisp-tender.
- Remove from skillet; cover to keep warm.
- Add chops to skillet; cook 4 min. on each side or until done (160F). Stir in all remaining ingredients except apple mixture; cook and stir 2 to 3 min. or until heated through.
- Serve chops with apple mixture.

# Nutrition Facts



# Properties

Glycemic Index:47.75, Glycemic Load:2.6, Inflammation Score:-4, Nutrition Score:16.660434956136%

# Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

# Nutrients (% of daily need)

Calories: 302.86kcal (15.14%), Fat: 12.38g (19.04%), Saturated Fat: 4.15g (25.92%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 17.76g (6.46%), Sugar: 16.18g (17.98%), Cholesterol: 89.86mg (29.95%), Sodium: 169.18mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.74g (55.47%), Selenium: 46.2µg (66.01%), Vitamin B6: 0.97mg (48.27%), Vitamin B1: 0.66mg (44.28%), Vitamin B3: 8.59mg (42.97%), Phosphorus: 304.81mg (30.48%), Vitamin B2: 0.29mg (16.95%), Zinc: 2.5mg (16.68%), Potassium: 569.51mg (16.27%), Vitamin K: 16.86µg

(16.06%), Vitamin B12: 0.76µg (12.64%), Magnesium: 43.72mg (10.93%), Vitamin B5: 1.05mg (10.47%), Fiber: 1.93g (7.72%), Vitamin C: 5.66mg (6.86%), Iron: 1.14mg (6.35%), Calcium: 62.99mg (6.3%), Copper: 0.12mg (5.92%), Manganese: 0.12mg (5.77%), Vitamin D: 0.81µg (5.37%), Vitamin A: 142.9IU (2.86%), Folate: 8.58µg (2.15%), Vitamin E: 0.28mg (1.88%)