



Dijon Pork Cutlets

 Gluten Free  Dairy Free

READY IN



12 min.

SERVINGS



4

CALORIES



64 kcal

SIDE DISH

Ingredients

- 1.5 teaspoons cider vinegar
- 0.3 teaspoon pepper red crushed
- 3 tablespoons dijon mustard
- 2 ounce center-cut loin pork chops boneless
- 3 tablespoons sugar
- 0.3 cup water

Equipment

- bowl

- frying pan
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Place pork between 2 sheets of heavy-duty plastic wrap; pound each piece to a 1/4-inch thickness, using a meat mallet or rolling pin.
- Combine mustard and next 3 ingredients in a small bowl.
- Place pork in a shallow dish; spoon 2 tablespoons mustard mixture over pork, turning to coat.
- Let stand 15 minutes.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add pork, and cook 4 minutes on 1 side; turn pork, and spoon reserved mustard mixture over pork. Cook pork 2 minutes or just until done.
- Add water, stirring slightly; cook 2 minutes or until slightly thickened. Turn pork to coat, and place on a serving platter.
- Pour pan juices over pork.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:6.33, Inflammation Score:-1, Nutrition Score:2.53826083745%

Nutrients (% of daily need)

Calories: 64.23kcal (3.21%), Fat: 1.41g (2.17%), Saturated Fat: 0.38g (2.37%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.11g (3.31%), Sugar: 9.16g (10.18%), Cholesterol: 9.5mg (3.17%), Sodium: 133.53mg (5.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Selenium: 8.6µg (12.28%), Vitamin B1: 0.12mg (7.74%), Vitamin B3: 1.21mg (6.05%), Vitamin B6: 0.11mg (5.66%), Phosphorus: 44.71mg (4.47%), Manganese: 0.06mg (2.75%), Magnesium: 9.51mg (2.38%), Vitamin B2: 0.04mg (2.15%), Potassium: 73.73mg (2.11%), Fiber: 0.53g (2.11%), Zinc: 0.3mg (2%), Iron: 0.28mg (1.55%), Vitamin B5: 0.14mg (1.38%), Vitamin B12: 0.08µg (1.25%), Copper: 0.02mg (1.03%)