



HEALTH SCORE

74%

Dijon Pork Loin With Cognac Cream Sauce



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



3447 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons cognac
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 2 servings salt & ground pepper fresh
- ☐ 2 pork loin chops boneless
- ☐ 1 large shallots
- ☐ 150 ml whipping cream
- ☐ 3 tablespoons grain dijon mustard whole

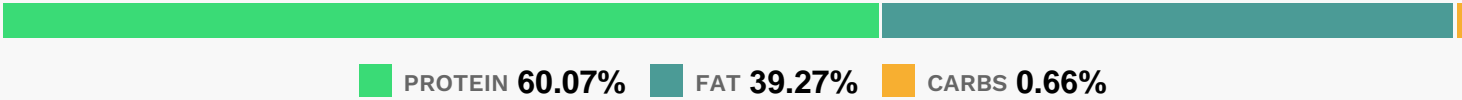
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Take pork out of fridge and let rest 10 minutes to bring them closer to room temperature.2 Trim fat off chops, slather oil on both sides 3 salt and pepper both sides.4 Pat mustard on both sides to create a 'crust'.5 Fry oil and butter in pan until little bubbles appear on medium high heat 6
- ☐ Add chops , let sizzle , turning when white halfway up, once flipped and they are all white on the sides, put into an oven preheated to 425F, until internal temp is at least 160°F.7 add finely chopped shallots to pan until soft then add cognac, scraping bottom of pan to release the 'bits' once the cognac has reduced add cream.8 reduce heat to Low and add salt and pepper to taste, and allow the sauce to thicken-.9 serve on pork 10 Enjoy with oven roasted herb potatoes, and honey glazed carrots.11 wine pairing- crisp cold Sumac Ridge Guwertztraminer.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:62.204782916152%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 3447.13kcal (172.36%), Fat: 143.8g (221.24%), Saturated Fat: 51.3g (320.63%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 4.07g (1.48%), Sugar: 3.51g (3.9%), Cholesterol: 1483.16mg (494.39%), Sodium: 1584.29mg (68.88%), Alcohol: 5.01g (100%), Alcohol %: 0.27% (100%), Protein: 494.93g (989.86%), Selenium: 618.15µg (883.07%), Vitamin B6: 16.66mg (832.88%), Vitamin B1: 9.79mg (652.68%), Vitamin B3: 126.31mg (631.54%), Phosphorus: 5016.59mg (501.66%), Zinc: 39.9mg (265.99%), Vitamin B2: 4.27mg (250.99%), Potassium: 8358.71mg (238.82%), Vitamin B12: 11.33µg (188.79%), Vitamin B5: 16.66mg (166.57%), Magnesium: 589.55mg (147.39%), Iron: 12.56mg (69.79%), Vitamin D: 9.99µg (66.58%), Copper: 1.31mg (65.62%), Vitamin E: 6.82mg (45.45%), Vitamin A: 1300.48IU (26.01%), Calcium: 180.36mg (18.04%), Vitamin K: 15.98µg (15.22%), Manganese:

0.29mg (14.4%), Fiber: 1.37g (5.47%), Folate: 9.05µg (2.26%), Vitamin C: 1.54mg (1.87%)