



## Easy Baked Pork Chops with White Wine–Mustard Sauce

 Gluten Free  Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 servings pepper black freshly ground
- 1.5 teaspoons dijon mustard
- 0.5 cup wine dry white
- 2 servings kosher salt
- 1 teaspoon olive oil
- 2 teaspoons parsley fresh italian finely chopped
- 2 pork loin chops bone-in 1-inch-thick ()

- 3 tablespoons butter unsalted cut into small pieces and at room temperature

## Equipment

- frying pan
- paper towels
- oven
- whisk
- kitchen thermometer
- aluminum foil
- stove
- kitchen towels
- pot holder

## Directions

- Heat the oven to 400°F and arrange a rack in the middle. Pat the pork chops dry with a paper towel and rub them all over with the oil. Season both sides generously with salt and pepper.
- Heat a large oven-safe frying pan over medium-high heat until several drops of water sprinkled in the pan skitter around and converge into one big drop or the pan is smoking, about 3 to 4 minutes.
- Place the chops in the pan and cook undisturbed until they're golden brown on the bottom, about 3 minutes. Flip the chops over and immediately place the pan in the oven.
- Bake until the chops are golden brown on the second side and the temperature registers 145°F on an instant-read thermometer inserted into the thickest part of each chop, about 7 to 10 minutes. Using a kitchen towel or potholder, take the pan out of the oven and return it to the stovetop.
- Transfer the chops to a plate and tent them loosely with foil; set aside. Using the kitchen towel or potholder to grasp the handle of the pan (be careful not to touch the handle with your bare hands for the remainder of the cooking time), pour off and discard any fat.
- Add the wine, place the pan over medium-high heat, and cook, scraping up any browned bits that have accumulated on the bottom of the pan, until the wine is reduced by half, about 3 minutes.
- Remove the pan from the heat.

Whisk in the butter 1 piece at a time, letting each melt before adding the next, until all of the butter has been added and the sauce has thickened.

Whisk in the parsley and mustard. Taste and season with salt and pepper as needed. Divide the sauce between 2 plates, place a pork chop on top of the sauce on each plate, and serve immediately.

## Nutrition Facts

**PROTEIN 30.76%** **FAT 67.3%** **CARBS 1.94%**

### Properties

Glycemic Index:55.5, Glycemic Load:0.26, Inflammation Score:-5, Nutrition Score:16.884782618803%

### Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

### Nutrients (% of daily need)

Calories: 427.72kcal (21.39%), Fat: 28.46g (43.79%), Saturated Fat: 14.36g (89.73%), Carbohydrates: 1.84g (0.61%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.64g (0.71%), Cholesterol: 134.93mg (44.98%), Sodium: 304.79mg (13.25%), Alcohol: 6.18g (100%), Alcohol %: 3.54% (100%), Protein: 29.27g (58.54%), Selenium: 45.9µg (65.58%), Vitamin B1: 0.91mg (60.34%), Vitamin B3: 10.8mg (54.01%), Vitamin B6: 1.01mg (50.32%), Phosphorus: 322.95mg (32.29%), Potassium: 555.03mg (15.86%), Vitamin B2: 0.27mg (15.69%), Zinc: 2.19mg (14.63%), Vitamin B12: 0.75µg (12.43%), Vitamin A: 541.78IU (10.84%), Magnesium: 43.29mg (10.82%), Vitamin B5: 1.04mg (10.37%), Vitamin E: 0.96mg (6.43%), Vitamin D: 0.85µg (5.67%), Manganese: 0.11mg (5.47%), Iron: 0.92mg (5.14%), Vitamin K: 4.77µg (4.55%), Copper: 0.09mg (4.26%), Calcium: 22.9mg (2.29%)