



Herbed Pork with Sautéed Wild Mushrooms



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 16 ounce center-cut loin pork chops boneless (3/)
- ☐ 3 cups shiitake mushroom caps sliced
- ☐ 1.5 teaspoons steak seasoning (such as McCormick Grill Mates)
- ☐ 1 teaspoon vegetable oil

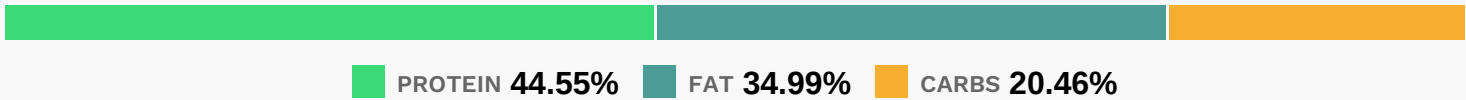
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add sliced mushrooms; saut 3 minutes or until tender.
- ☐ Remove mushrooms from pan.
- ☐ Rub steak seasoning and thyme over pork.
- ☐ Add pork to pan; cook 3 minutes on each side or until done.
- ☐ Combine broth and cornstarch, stirring with a whisk.
- ☐ Add mushrooms and broth mixture to pan. Bring to a boil; cook 1 minute or until slightly thickened.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:2.33, Inflammation Score:-5, Nutrition Score:24.441739059013%

Nutrients (% of daily need)

Calories: 252.41kcal (12.62%), Fat: 10g (15.38%), Saturated Fat: 2.98g (18.63%), Carbohydrates: 13.15g (4.38%), Net Carbohydrates: 8.73g (3.17%), Sugar: 4.15g (4.61%), Cholesterol: 75.98mg (25.33%), Sodium: 302.22mg (13.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.28%), Vitamin B3: 15.98mg (79.91%), Selenium: 48.54µg (69.34%), Vitamin B6: 1.34mg (66.96%), Vitamin B1: 0.79mg (52.6%), Phosphorus: 454.28mg (45.43%), Vitamin B2: 0.59mg (34.82%), Vitamin B5: 3.43mg (34.35%), Potassium: 962.47mg (27.5%), Manganese: 0.48mg (23.78%), Zinc: 3.55mg (23.7%), Fiber: 4.42g (17.7%), Magnesium: 66.21mg (16.55%), Copper: 0.32mg (16.2%), Vitamin B12: 0.71µg (11.91%), Vitamin K: 12.4µg (11.81%), Iron: 1.92mg (10.67%), Vitamin D: 1.13µg (7.54%), Folate: 24.32µg (6.08%), Calcium: 25.81mg (2.58%), Vitamin E: 0.27mg (1.79%)