



Honey Mustard Cutlets

 Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



3258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 1 cup bread crumbs
- ☐ 2 tablespoons butter
- ☐ 1 cup chicken stock see
- ☐ 0.3 cup grainy dijon mustard
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup honey
- ☐ 1 lemon zest

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 4 pork loin chops thin-cut boneless
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons freshly thyme leaves chopped
- ☐ 2 tablespoons red-wine vinegar
- ☐ 2 teaspoons worcestershire sauce

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ wire rack

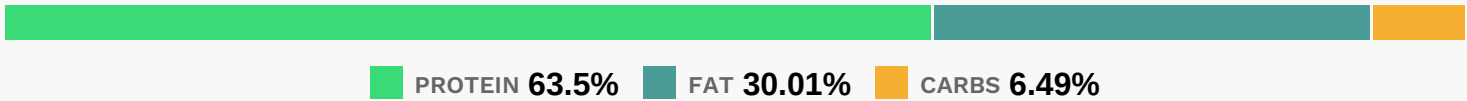
Directions

- ☐ Watch how to make this recipe.
- ☐ Line a baking sheet with a wire rack.
- ☐ Heat the oven to 275 degrees F.
- ☐ Trim the fat from the chops and sandwich each chop between 2 pieces of waxed paper or plastic. Pound the chops to 1/8-inch thickness and season with salt and pepper, to taste.
- ☐ In a shallow dish combine the mustard, honey and vinegar.
- ☐ Add the chops and turn to coat in sticky sauce. On a plate combine the bread crumbs with the thyme and zest of the lemon. Press chops in the crumbs to coat evenly.
- ☐ Heat the extra-virgin olive oil, a couple turns of the pan, in large skillet over medium heat. Cook the cutlets until crisp, 3 to 4 minutes on each side. Arrange the chops on the baking sheet with the rack and put in the oven to keep them crisp. To the skillet, over low heat, add the butter and melt.
- ☐ Whisk in the flour and cook for 1 minute. Stir in the preserves, then whisk in the stock. Cook for a couple of minutes to thicken and season with salt and pepper, to taste.

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Transfer the chops from the oven to a serving platter and douse with sweet-savory gravy before serving.

Nutrition Facts



Properties

Glycemic Index:71.57, Glycemic Load:11.4, Inflammation Score:-10, Nutrition Score:62.42565202713%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 3257.7kcal (162.88%), Fat: 104.59g (160.91%), Saturated Fat: 32.54g (203.37%), Carbohydrates: 50.9g (16.97%), Net Carbohydrates: 48.17g (17.51%), Sugar: 24.96g (27.73%), Cholesterol: 1399.7mg (466.57%), Sodium: 1620.28mg (70.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 498.05g (996.1%), Selenium: 623.17µg (890.24%), Vitamin B6: 16.68mg (833.81%), Vitamin B1: 10.07mg (671.33%), Vitamin B3: 129.27mg (646.37%), Phosphorus: 5029.63mg (502.96%), Zinc: 40.25mg (268.31%), Vitamin B2: 4.33mg (254.57%), Potassium: 8425.01mg (240.71%), Vitamin B12: 11.3µg (188.35%), Vitamin B5: 16.61mg (166.1%), Magnesium: 600.65mg (150.16%), Iron: 14.71mg (81.71%), Copper: 1.44mg (71.89%), Vitamin D: 8.78µg (58.53%), Manganese: 0.59mg (29.48%), Vitamin E: 4.14mg (27.6%), Calcium: 196.64mg (19.66%), Vitamin C: 9.13mg (11.07%), Fiber: 2.73g (10.93%), Folate: 42.6µg (10.65%), Vitamin A: 378.23IU (7.56%), Vitamin K: 7.04µg (6.71%)