



Mustard & rosemary pork chops



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



1740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp mustard french fine (preferably German, but is)
- ☐ 3 tbsp olive oil
- ☐ 1 garlic clove thinly sliced
- ☐ 2 sprigs rosemary
- ☐ 1 tbsp balsamic vinegar
- ☐ 4 boston butt pork shoulder

Equipment

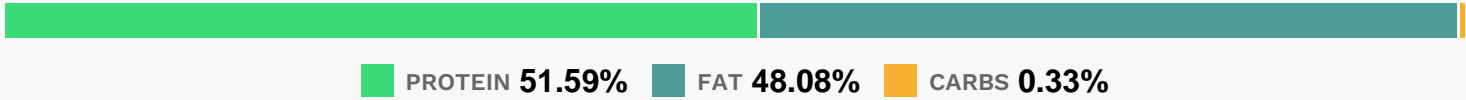
- ☐ frying pan

☐ aluminum foil

Directions

- ☐ Mix together the mustard, oil, garlic, rosemary leaves, vinegar and a little black pepper. Tip into a large food bag then add the pork chops. Rub together, seal and marinate for 3 hrs.
- ☐ Drain the chops of their marinade. This can then be squeezed out of the bag and mixed with a little cold water until runny. To cook on a griddle, heat the griddle pan until a good heat rises and cook for 10 mins, turning once or twice. As they cook, brush occasionally with the marinade juices.
- ☐ Remove from the heat and season with salt. To help the meat relax a little, leave it loosely covered with foil for about 10 mins before serving.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:54.376956763475%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1739.88kcal (86.99%), Fat: 89.77g (138.11%), Saturated Fat: 28.8g (180.02%), Carbohydrates: 1.36g (0.45%), Net Carbohydrates: 1g (0.36%), Sugar: 0.71g (0.79%), Cholesterol: 741.38mg (247.13%), Sodium: 924.75mg (40.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 216.72g (433.43%), Vitamin B1: 9.8mg (653.18%), Selenium: 329.09µg (470.13%), Vitamin B3: 47.35mg (236.76%), Zinc: 34.81mg (232.05%), Vitamin B6: 4.61mg (230.37%), Phosphorus: 2245.25mg (224.53%), Vitamin B2: 3.48mg (204.74%), Vitamin B12: 9.29µg (154.92%), Potassium: 3792.62mg (108.36%), Vitamin B5: 9.12mg (91.23%), Iron: 13.73mg (76.3%), Magnesium: 236.75mg (59.19%), Copper: 1.08mg (54.12%), Calcium: 162.82mg (16.28%), Folate: 56.03µg (14.01%), Vitamin C: 9.15mg (11.09%), Vitamin E: 1.54mg (10.26%), Manganese: 0.18mg (9.14%), Vitamin K: 6.45µg (6.14%), Vitamin A: 73.35IU (1.47%), Fiber: 0.36g (1.44%)