



## Mustardy pork & apples



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



108 kcal

SIDE DISH

## Ingredients

- ☐ 4 pork steaks trimmed
- ☐ 1 tbsp cooking oil
- ☐ 2 apples cored cut into eight
- ☐ 1 onion halved sliced
- ☐ 1 small handful sage dried
- ☐ 100 ml chicken fine (from a cube is )
- ☐ 2 tsp coarse mustard

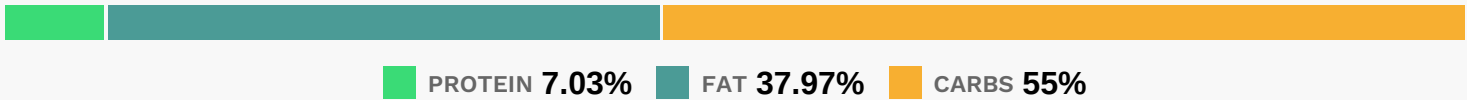
## Equipment

☐ frying pan

Directions

- ☐ Rub the pork steaks with a little oil and season with pepper and salt to taste.
- ☐ Heat a large frying pan and fry the steaks for 2 mins on both sides until golden.
- ☐ Transfer to a plate.
- ☐ Adding a little more oil to the pan, fry the apples, onions and sage for 5 mins or until the apples have softened.
- ☐ Pour in the stock and spoon in the mustard, then return the pork to the pan and simmer for 10 mins until the sauce has reduced by about a third and the pork is cooked through.
- ☐ Serve with veg and mashed potatoes.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:3.89, Inflammation Score:-3, Nutrition Score:8.151739117568%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg, Quercetin: 9.23mg

Nutrients (% of daily need)

Calories: 108.12kcal (5.41%), Fat: 4.82g (7.41%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 15.69g (5.23%), Net Carbohydrates: 12.75g (4.64%), Sugar: 10.67g (11.85%), Cholesterol: 4.9mg (1.63%), Sodium: 34.3mg (1.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Copper: 7.73mg (386.42%), Manganese: 0.33mg (16.57%), Fiber: 2.94g (11.76%), Vitamin C: 6.32mg (7.66%), Vitamin E: 0.81mg (5.4%), Vitamin B6: 0.1mg (4.87%), Potassium: 166.3mg (4.75%), Vitamin K: 4.73µg (4.51%), Magnesium: 14.18mg (3.54%), Vitamin B1: 0.05mg (3.29%),

Phosphorus: 32.07mg (3.21%), Iron: 0.55mg (3.08%), Calcium: 30.76mg (3.08%), Selenium: 2.09µg (2.99%),  
Vitamin B3: 0.56mg (2.81%), Vitamin B2: 0.05mg (2.74%), Folate: 8.47µg (2.12%), Zinc: 0.26mg (1.7%), Vitamin B5:  
0.16mg (1.65%), Vitamin A: 59.49IU (1.19%)