



## Pork Chops in Pear-Dijon Sauce

 Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup grey poupon dijon mustard
- 0.3 cup flour
- 0.3 tsp ground pepper black
- 2 Tbsp olive oil
- 16 oz pear in juice drained canned
- 1.5 lb pork chops boneless
- 0.5 cup port wine
- 0.3 tsp salt

## Equipment

- frying pan

## Directions

- Mix flour, salt and pepper in shallow dish.
- Add chops; turn to evenly coat both sides of each chop.
- Heat oil in large skillet on medium heat.
- Add chops; cook 5 to 7 min. on each side or until done.
- Remove chops from skillet, reserving drippings in skillet; cover to keep warm.
- Add wine to skillet. Bring to boil, stirring frequently to loosen browned bits from bottom of skillet. Stir in mustard.
- Add pears; return to boil. Simmer on medium-low heat 5 min. or until sauce is thickened. Spoon over chops.

## Nutrition Facts



## Properties

Glycemic Index:3.97, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:2.9047826005389%

## Flavonoids

Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 3.25mg, Malvidin: 3.25mg, Malvidin: 3.25mg, Malvidin: 3.25mg Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg, Peonidin: 0.13mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 52.99kcal (2.65%), Fat: 2.24g (3.44%), Saturated Fat: 0.59g (3.71%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.69g (0.98%), Sugar: 1.25g (1.38%), Cholesterol: 13.02mg (4.34%), Sodium: 53.41mg (2.32%), Alcohol: 0.52g (100%), Alcohol %: 1.66% (100%), Protein: 4.39g (8.78%), Selenium: 7.61µg (10.88%), Vitamin B1: 0.14mg (9.54%), Vitamin B3: 1.67mg (8.33%), Vitamin B6: 0.14mg (7.22%), Vitamin C: 4.39mg (5.32%), Phosphorus: 49.35mg (4.93%), Potassium: 97.23mg (2.78%), Vitamin B2: 0.05mg (2.73%), Zinc: 0.34mg (2.24%), Magnesium:

7.76mg (1.94%), Vitamin B12: 0.1µg (1.72%), Vitamin B5: 0.15mg (1.54%), Copper: 0.02mg (1.2%), Manganese: 0.02mg (1.16%), Vitamin E: 0.16mg (1.07%), Iron: 0.19mg (1.06%)