



Pork Chops with Apples & Creamy Mustard Sauce

READY IN



30 min.

SERVINGS



30

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup chicken broth
- 4 oz philadelphia cream cheese cubed ()
- 2 Tbsp grey poupon dijon mustard
- 1 Tbsp flour
- 1 small gala apple halved thinly sliced
- 2 tsp oil
- 1 small onion chopped
- 0.5 tsp pepper

- 1 lb pork chops boneless
- 0.5 tsp thyme leaves dried

Equipment

- frying pan

Directions

- Mix first 3 ingredients on small plate.
- Add chops, 1 at a time, turning to evenly coat both sides of chop.
- Heat oil in large nonstick skillet on medium heat.
- Add chops; cook 5 min. on each side or until done (145F).
- Transfer to plate; cover to keep warm.
- Add onions to skillet; cook and stir 3 min. Stir in apples; cook 1 min.
- Add broth, cream cheese and mustard; cook 5 min. or until vegetables are crisp-tender, cream cheese is completely melted and sauce is slightly thickened, stirring frequently.
- Serve spooned over chops.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:2.1791304634965%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 44.8kcal (2.24%), Fat: 2.71g (4.17%), Saturated Fat: 1.16g (7.27%), Carbohydrates: 1.41g (0.47%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.8g (0.89%), Cholesterol: 14.07mg (4.69%), Sodium: 52.08mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.28%), Selenium: 5.79µg (8.27%), Vitamin B1: 0.11mg (7.25%), Vitamin B3: 1.25mg (6.26%), Vitamin B6: 0.12mg (5.88%), Phosphorus: 41.09mg (4.11%), Vitamin B2: 0.04mg (2.59%), Potassium: 73.46mg (2.1%), Zinc: 0.27mg (1.81%), Vitamin B12: 0.09µg (1.49%), Vitamin B5: 0.14mg (1.43%), Magnesium: 5.43mg (1.36%), Vitamin A: 55.74IU (1.11%)