



 **47%**
HEALTH SCORE

Pork chops with cider and spinach

 **Gluten Free**

READY IN



30 min.

SERVINGS



4

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 Tbs butter
- 2 Tbs dijon mustard
- 400 ml cider
- 2 Tbs olive oil
- 2 onion sliced
- 4 pork chops
- 4 servings salt and pepper
- 2 Tbs pork rub

- 250 ml cream sour
- 400 g pkt spinach washed cleaned

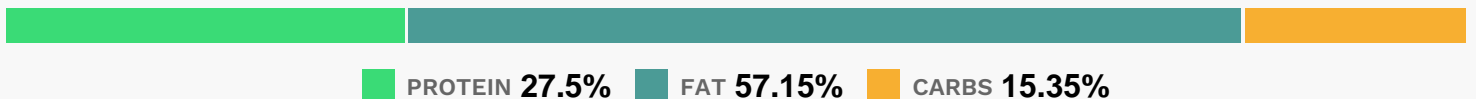
Equipment

- frying pan

Directions

- Remove all visible fat from the chops. Fry chops in hot oil on each side about 3 minutes until browned.
- Remove, put aside.
- Add onion and cook over medium heat for about 5 minutes until soft and caramelized.
- Add the cider, stir, bring to a bubble and reduce a little.
- Add the cream and mustard, stir, bring to a simmer then put the chops back in and cook for 8-10 minutes or until cooked through.
- Put the chops back, season with salt and pepper, and cook for 8-10 minutes or until cooked through. Meanwhile, cook the spinach in a large pan with butter and seasoning until wilted.
- Serve the chops and sauce with the spinach.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:1.62, Inflammation Score:-10, Nutrition Score:41.811739130435%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg, Kaempferol: 6.74mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 15.14mg, Quercetin: 15.14mg, Quercetin: 15.14mg, Quercetin: 15.14mg

Taste

Sweetness: 55.44%, Saltiness: 100%, Sourness: 38.55%, Bitterness: 30.36%, Savoriness: 71.58%, Fattiness: 95.33%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 528.5kcal (26.42%), Fat: 32.22g (49.57%), Saturated Fat: 12.56g (78.49%), Carbohydrates: 19.47g (6.49%), Net Carbohydrates: 15.18g (5.52%), Sugar: 7.8g (8.67%), Cholesterol: 133.26mg (44.42%), Sodium: 469.6mg (20.42%), Alcohol: 4.99g (27.71%), Protein: 34.88g (69.76%), Vitamin K: 548.23µg (522.12%), Vitamin A: 10050.54IU (201.01%), Manganese: 1.52mg (76.13%), Selenium: 51µg (72.85%), Vitamin B1: 1.04mg (69.54%), Vitamin B6: 1.36mg (68.08%), Vitamin B3: 11.81mg (59.06%), Folate: 218.93µg (54.73%), Phosphorus: 435.56mg (43.56%), Vitamin C: 33.63mg (40.77%), Potassium: 1276.83mg (36.48%), Magnesium: 145.65mg (36.41%), Iron: 6.31mg (35.04%), Vitamin B2: 0.57mg (33.77%), Calcium: 261.77mg (26.18%), Vitamin E: 3.66mg (24.4%), Zinc: 3.18mg (21.23%), Fiber: 4.29g (17.17%), Copper: 0.31mg (15.27%), Vitamin B12: 0.84µg (14.06%), Vitamin B5: 1.34mg (13.37%), Vitamin D: 0.54µg (3.57%)