



Pork Chops with Dijon Glaze

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



4

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup chicken stock see
- 2 tablespoons dijon mustard
- 2 tablespoons evoo plus more for drizzling
- 3 cloves garlic finely chopped
- 0.3 cup honey
- 4 servings kosher salt and pepper freshly ground
- 1 lemon zest grated
- 6 inch thick pork chops bone-in

- 1 large shallots finely chopped
- 2 shots cooking sherry dry
- 1 Handful tarragon leaves fresh chopped

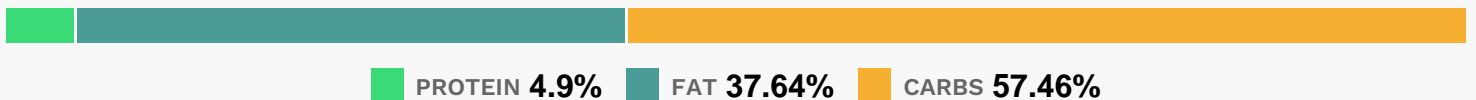
Equipment

- frying pan
- pot
- grill
- grill pan

Directions

- Heat the EVOO in a small pot over medium to medium-high heat.
- Add the garlic, shallots and lemon zest and season with a little salt and lots of pepper. Cook, stirring, for 2 minutes, then add the sherry and cook for 1 minute.
- Add the chicken stock and honey and simmer until reduced, 15 minutes. Stir in the mustard and tarragon, then remove the glaze from the heat.
- Heat a grill pan or griddle over medium-high heat.
- Coat the pork chops with EVOO and season liberally with salt and pepper. Grill the chops, turning occasionally, until cooked through, 12 to 15 minutes, basting liberally with the glaze during the last 5 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:57.32, Glycemic Load:12.79, Inflammation Score:-2, Nutrition Score:3.2965217452982%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

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Nutrients (% of daily need)

Calories: 197.09kcal (9.85%), Fat: 8g (12.3%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 27.47g (9.16%), Net Carbohydrates: 26.67g (9.7%), Sugar: 24.56g (27.29%), Cholesterol: 3.53mg (1.18%), Sodium: 325.04mg (14.13%), Alcohol: 2.28g (100%), Alcohol %: 2.64% (100%), Protein: 2.34g (4.69%), Manganese: 0.16mg (7.82%), Selenium: 5.16µg (7.37%), Vitamin E: 1.06mg (7.04%), Vitamin B6: 0.13mg (6.3%), Vitamin B3: 0.88mg (4.42%), Vitamin K: 4.56µg (4.35%), Vitamin C: 3.49mg (4.23%), Phosphorus: 37.44mg (3.74%), Potassium: 126.21mg (3.61%), Vitamin B1: 0.05mg (3.6%), Vitamin B2: 0.06mg (3.53%), Iron: 0.63mg (3.51%), Fiber: 0.8g (3.21%), Magnesium: 11.51mg (2.88%), Copper: 0.05mg (2.53%), Calcium: 21.47mg (2.15%), Zinc: 0.31mg (2.08%), Folate: 5.88µg (1.47%), Vitamin B5: 0.11mg (1.15%)