



Pork Chops with Dijon Sauce



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



238 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 4 servings salt
- ☐ 4 servings pepper black freshly ground
- ☐ 0.3 cup shallots minced chopped
- ☐ 1 cup cooking wine dry white
- ☐ 0.8 cup chicken stock see
- ☐ 0.5 cup heavy cream

- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley chopped
- ☐ 4 11 boneless bone-in (whatever you prefer)
- ☐ 4 11 boneless bone-in (whatever you prefer)

Equipment

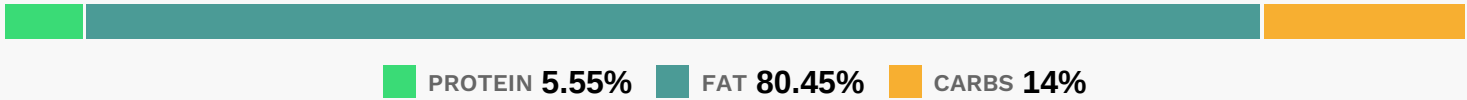
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ wooden spoon
- ☐ aluminum foil

Directions

- ☐ Sear the pork chops: Pat the pork chops dry with paper towels.
- ☐ Sprinkle salt and pepper all over them.
- ☐ Heat the olive oil in a large skillet over medium high heat. Stir in the butter.
- ☐ As soon as the butter has melted, add the pork chops to the pan and sear them, about 2-3 minutes on each side. Reduce the heat slightly if the chops brown too quickly.
- ☐ Remove the pork chops from the pan and pour off most of the fat.
- ☐ Add the shallots and cook them on med high heat until softened, about 1 minute.
- ☐ Add 1/2 cup of the wine and bring to a boil, deglazing the pan by scraping the brown bits from the bottom of the pan.
- ☐ Add stock, return chops to pan, cover and cook: Stir in the stock and return chops to the pan. Bring sauce to a simmer, reduce heat, cover and cook until chops are cooked through (145°F internal temp), about 10 to 15 minutes.
- ☐ Remove chops, add remaining wine, reduce:
- ☐ Remove the pork chops to a warm platter; cover with foil to keep warm.
- ☐ Add the remaining half cup of wine. Increase the heat to high to boil the pan juices. Reduce the juices by half, about 3 minutes.
- ☐ Add cream, reduce, whisk in mustard and parsley:

- ☐
- Add the heavy cream and boil 3 minutes more, until sauce reduces and thickens, andscraping the pan with a wooden spoon leaves a trail.
- ☐
- Remove from the heat and whisk in the mustard and parsley. If you want, add more mustard to taste.
- ☐
- Place chops on a bed of sauce and serve.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:0.88, Inflammation Score:-6, Nutrition Score:5.0739130092704%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 238.42kcal (11.92%), Fat: 17.9g (27.53%), Saturated Fat: 9.29g (58.08%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.15g (2.24%), Sugar: 3.44g (3.82%), Cholesterol: 42.49mg (14.16%), Sodium: 376.6mg (16.37%), Alcohol: 6.18g (100%), Alcohol %: 4.73% (100%), Protein: 2.78g (5.56%), Vitamin K: 20.43µg (19.46%), Vitamin A: 616.84IU (12.34%), Manganese: 0.16mg (7.99%), Selenium: 4.71µg (6.73%), Vitamin B2: 0.11mg (6.67%), Vitamin B6: 0.13mg (6.27%), Vitamin E: 0.91mg (6.09%), Phosphorus: 58.76mg (5.88%), Potassium: 186.53mg (5.33%), Vitamin B3: 0.88mg (4.41%), Magnesium: 17.33mg (4.33%), Calcium: 39.4mg (3.94%), Iron: 0.68mg (3.76%), Fiber: 0.85g (3.42%), Vitamin C: 2.81mg (3.41%), Vitamin B1: 0.05mg (3.26%), Vitamin D: 0.48µg (3.17%), Folate: 11.23µg (2.81%), Copper: 0.05mg (2.58%), Zinc: 0.33mg (2.19%), Vitamin B5: 0.18mg (1.77%)