



Pork Chops with Leeks in Mustard Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



402 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices bacon coarsely chopped
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.3 cup brandy
- ☐ 2 teaspoons kosher salt
- ☐ 0.3 cup cream sour
- ☐ 2 tablespoons dijon mustard
- ☐ 1 teaspoon rosemary leaves fresh finely chopped
- ☐ 2 teaspoons sage fresh finely chopped

- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 3 garlic clove minced
- ☐ 4 cups leek white green thinly sliced (and pale parts only; 3 large)
- ☐ 1 cup chicken broth
- ☐ 4 pork chops bone-in 2-inch-thick

Equipment

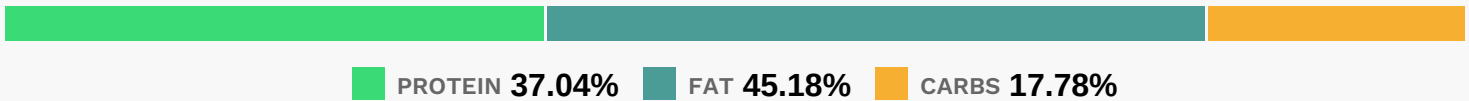
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ slotted spoon

Directions

- ☐ Pat chops dry with paper towels.
- ☐ Mix 2teaspoons coarse salt, thyme, rosemary, and1 teaspoon pepper in small bowl.
- ☐ Sprinkleseasoning mixture on both sides of chops.
- ☐ Let stand at room temperature 1 to 2 hoursor wrap and chill up to 1 day.
- ☐ Heat heavy large skillet over mediumheat.
- ☐ Add bacon and sauté until crisp andlightly browned. Using slotted spoon,transfer bacon to small bowl. Increase heatto medium-high.
- ☐ Add chops to skillet. Searuntil brown, 4 to 5 minutes per side.
- ☐ Transferchops to small baking sheet.
- ☐ Pour off all but 3 tablespoons drippingsfrom skillet (or add olive oil to make 3tablespoons).
- ☐ Add leeks and sauté untilsoft, about 7 minutes.
- ☐ Add garlic and stir 1minute.

- ☐ Add brandy, then broth and bring toboil, scraping up browned bits. Return baconto skillet;add sage and stir to blend.
- ☐ Nestle chops in leeks in skillet. Reduceheat to medium-low. Cover; simmer 3minutes. Turn chops over. Cover; simmeruntil thermometer inserted into thickest partof chops registers 140°F to 145°F, about 3minutes longer.
- ☐ Transfer chops to platter.Tent loosely with foil to keep warm.
- ☐ Spoon off any fat from cooking liquid inskillet. Boil until all liquid evaporates, about3 minutes.
- ☐ Whisk in mustard, then crèmefraîche (do not boil). Season with salt andpepper. Spoon over chops.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:3.87, Inflammation Score:-9, Nutrition Score:30.412608872289%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 401.58kcal (20.08%), Fat: 18.35g (28.24%), Saturated Fat: 6.88g (43.02%), Carbohydrates: 16.26g (5.42%), Net Carbohydrates: 13.94g (5.07%), Sugar: 4.33g (4.81%), Cholesterol: 108.35mg (36.12%), Sodium: 1424.6mg (61.94%), Alcohol: 5.01g (100%), Alcohol %: 1.85% (100%), Protein: 33.86g (67.72%), Copper: 3.28mg (163.99%), Selenium: 51.06µg (72.94%), Vitamin B1: 1mg (67%), Vitamin B6: 1.26mg (63.07%), Vitamin B3: 12.41mg (62.06%), Vitamin K: 43.09µg (41.03%), Phosphorus: 396.48mg (39.65%), Manganese: 0.7mg (34.8%), Vitamin A: 1668.97IU (33.38%), Potassium: 794.48mg (22.7%), Vitamin B2: 0.35mg (20.49%), Magnesium: 71.96mg (17.99%), Iron: 3.23mg (17.95%), Zinc: 2.56mg (17.08%), Vitamin C: 13.19mg (15.99%), Folate: 59.26µg (14.82%), Vitamin B12: 0.86µg (14.41%), Vitamin B5: 1.27mg (12.71%), Calcium: 106.58mg (10.66%), Fiber: 2.31g (9.25%), Vitamin E: 1.15mg (7.64%), Vitamin D: 0.58µg (3.87%)