



## Pork Chops with Maple Mustard Glaze

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon butter
- 2 tablespoons dijon mustard
- 0.5 cup less-sodium chicken broth fat-free
- 1 teaspoon sage fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 2 teaspoons heavy cream
- 0.3 cup maple syrup pure

16 ounce pork loin chops boneless trimmed

0.5 teaspoon salt

## Equipment

frying pan

## Directions

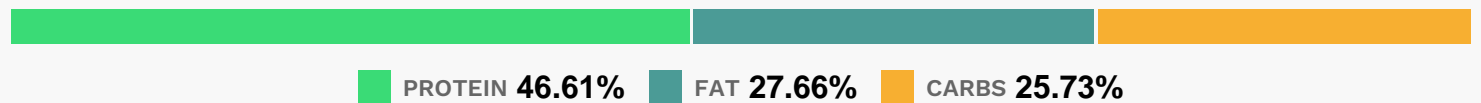
Melt butter in a large nonstick skillet over medium heat.

Sprinkle pork chops evenly with salt and pepper; add pork to pan. Cook 4 minutes on each side or until lightly browned.

Remove from pan; keep warm.

Add broth and next 4 ingredients (through thyme) to pan. Bring to a boil, and cook for 3 minutes or until slightly thickened. Stir in cream, and reduce heat to medium. Return pork to pan; simmer 3 minutes or until pork is done, turning once.

## Nutrition Facts



## Properties

Glycemic Index:48.88, Glycemic Load:5.01, Inflammation Score:-6, Nutrition Score:17.635217434686%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

## Nutrients (% of daily need)

Calories: 228.74kcal (11.44%), Fat: 6.86g (10.55%), Saturated Fat: 2.67g (16.69%), Carbohydrates: 14.36g (4.79%), Net Carbohydrates: 13.9g (5.05%), Sugar: 12.28g (13.65%), Cholesterol: 76.95mg (25.65%), Sodium: 555.42mg (24.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.01g (52.01%), Copper: 1.6mg (79.86%), Selenium: 34.68µg (49.54%), Vitamin B6: 0.87mg (43.42%), Vitamin B1: 0.53mg (35.61%), Vitamin B3: 6.74mg (33.72%), Manganese: 0.58mg (29.01%), Vitamin B2: 0.49mg (28.64%), Phosphorus: 269.03mg (26.9%), Zinc: 2.26mg (15.09%), Potassium: 498.73mg (14.25%), Vitamin B12: 0.64µg (10.69%), Magnesium: 39.67mg (9.92%), Vitamin B5: 0.91mg (9.13%), Iron: 0.95mg (5.3%), Calcium: 41.45mg (4.15%), Vitamin D: 0.49µg (3.29%), Vitamin A: 97.75IU (1.96%), Fiber: 0.46g (1.84%), Vitamin E: 0.23mg (1.51%), Vitamin C: 0.85mg (1.02%)