



## Pork Chops with Mustard and Plum Jam

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon dijon mustard
- 1 cup cooking wine dry white
- 2 tablespoons plum jam
- 2 tablespoons olive oil
- 8 oz onion peeled sliced
- 4 boned center-cut loin pork chops thick
- 4 servings salt and pepper

### Equipment

frying pan

## Directions

- Pour oil into a 10- to 12-inch nonstick frying pan over medium-high heat. When hot, add pork chops and cook, turning once, until browned on both sides, about 4 minutes total.
- Transfer pork chops to a plate.
- Reduce heat to medium and add onion. Stir frequently until onion is limp, 5 to 8 minutes. Stir in wine, jam, and mustard, and bring to a simmer.
- Return pork chops to pan and cook until they are barely pink in the center (cut to test), about 5 minutes.
- Sprinkle with salt and pepper.
- Transfer chops to plates and spoon sauce over them.

## Nutrition Facts



## Properties

Glycemic Index:32.25, Glycemic Load:5.14, Inflammation Score:-5, Nutrition Score:17.7778259749%

## 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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

## Nutrients (% of daily need)

Calories: 371.55kcal (18.58%), Fat: 16.49g (25.37%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 13.94g (4.65%), Net Carbohydrates: 12.71g (4.62%), Sugar: 7.88g (8.76%), Cholesterol: 89.78mg (29.93%), Sodium: 307.97mg (13.39%), Alcohol: 6.18g (100%), Alcohol %: 2.88% (100%), Protein: 29.74g (59.48%), Selenium: 46.17µg (65.96%), Vitamin B1: 0.93mg (62.1%), Vitamin B3: 10.86mg (54.3%), Vitamin B6: 1.08mg (53.77%), Phosphorus: 336.03mg (33.6%), Potassium: 638.64mg (18.25%), Vitamin B2: 0.28mg (16.6%), Zinc: 2.28mg (15.17%), Magnesium: 48.71mg

(12.18%), Vitamin B12: 0.71µg (11.84%), Vitamin B5: 1.08mg (10.84%), Manganese: 0.17mg (8.64%), Vitamin E: 1.22mg (8.12%), Vitamin C: 5.09mg (6.17%), Iron: 1.1mg (6.11%), Copper: 0.11mg (5.62%), Fiber: 1.24g (4.94%), Vitamin K: 4.74µg (4.51%), Vitamin D: 0.54µg (3.57%), Calcium: 32.37mg (3.24%), Folate: 12.74µg (3.18%)