



## Pork Chops with Mustard-Caper Sauce

 Gluten Free  Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 teaspoon pepper black divided
- 1 tablespoon capers drained
- 2 tablespoons dijon mustard
- 1 cup less-sodium chicken broth dry white fat-free
- 1 tablespoon parsley fresh chopped
- 2 tablespoons juice of lemon fresh
- 2 ounce pork loin chops thin-cut boneless
- 0.3 teaspoon salt

0.3 cup shallots chopped

## Equipment

frying pan

## Directions

- Sprinkle pork chops evenly with salt and 1/4 teaspoon pepper.
- Heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- Add pork; cook 3 minutes on each side.
- Remove from pan; set aside, and keep warm.
- Add shallots to pan; saut 1 minute.
- Add remaining 1/4 teaspoon pepper, wine, and next 3 ingredients. Bring to a boil; cook 2 minutes or until reduced by half. Return pork to pan; cook over medium-high heat 1 minute.
- Sprinkle with parsley.

## Nutrition Facts

**PROTEIN 37.55%** **FAT 28.3%** **CARBS 34.15%**

## Properties

Glycemic Index:31.5, Glycemic Load:0.67, Inflammation Score:-2, Nutrition Score:4.6717391584231%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

## Nutrients (% of daily need)

Calories: 42.56kcal (2.13%), Fat: 1.4g (2.15%), Saturated Fat: 0.38g (2.38%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.56g (1.74%), Cholesterol: 9.5mg (3.17%), Sodium: 524.59mg (22.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.36%), Vitamin K: 17.53µg (16.7%), Selenium: 8.71µg (12.45%), Vitamin B6: 0.17mg (8.63%), Vitamin B1: 0.12mg (8.32%), Vitamin B3: 1.56mg (7.78%), Vitamin C: 5.53mg

(6.7%), Manganese: 0.12mg (5.9%), Phosphorus: 57.02mg (5.7%), Potassium: 147.95mg (4.23%), Fiber: 0.98g (3.91%), Magnesium: 13mg (3.25%), Iron: 0.57mg (3.19%), Vitamin B12: 0.19µg (3.14%), Vitamin B2: 0.05mg (3.02%), Copper: 0.05mg (2.54%), Vitamin B5: 0.25mg (2.54%), Zinc: 0.36mg (2.42%), Folate: 9.64µg (2.41%), Vitamin A: 95.3IU (1.91%), Calcium: 17.29mg (1.73%)