



Pork Chops with Mustard Cream Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chicken broth low sodium canned
- ☐ 1.5 tablespoons dijon mustard
- ☐ 1 tablespoon flat parsley finely chopped
- ☐ 0.5 cup heavy cream
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 shallots finely chopped
- ☐ 2 tablespoons sherry vinegar

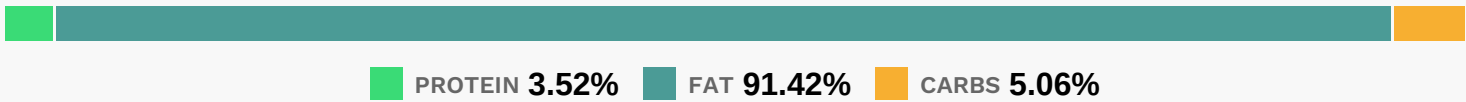
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 40
- ☐ Season the pork chops on both sides with salt and pepper. In a large skillet, heat half of the oil until shimmering.
- ☐ Add the pork chops and cook over moderate heat until golden, turning once, 8 minutes.
- ☐ Transfer the meat to a baking sheet and roast until cooked through, about 10 minutes.
- ☐ Meanwhile, pour off the fat from the skillet.
- ☐ Add the remaining oil and heat until shimmering.
- ☐ Add the shallot and cook over moderately high heat until softened, 3 minutes.
- ☐ Add the vinegar and cook until nearly evaporated, about 1/2 minute.
- ☐ Add the stock and cook until reduced by half, about 2 minutes.
- ☐ Add the cream and cook over moderately high heat until slightly reduced, about 2 minutes.
- ☐ Add the mustard and parsley. Season with salt and pepper.
- ☐ Transfer the pork to plates and spoon the sauce on top.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:3.922608670981%

Flavonoids

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 208.66kcal (10.43%), Fat: 21.62g (33.27%), Saturated Fat: 8.36g (52.26%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.49g (1.65%), Cholesterol: 33.62mg (11.21%), Sodium: 80.9mg (3.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.75%), Vitamin K: 23.97µg (22.83%), Vitamin E: 1.82mg (12.11%), Vitamin A: 526.36IU (10.53%), Vitamin B2: 0.07mg (4.17%), Selenium: 2.89µg (4.12%), Phosphorus: 37.27mg (3.73%), Vitamin D: 0.48µg (3.17%), Manganese: 0.06mg (2.99%), Calcium: 29.05mg (2.9%), Potassium: 92.84mg (2.65%), Vitamin C: 2.07mg (2.51%), Vitamin B3: 0.48mg (2.41%), Iron: 0.42mg (2.34%), Fiber: 0.5g (2%), Vitamin B6: 0.04mg (2%), Magnesium: 7.36mg (1.84%), Copper: 0.03mg (1.58%), Vitamin B1: 0.02mg (1.42%), Folate: 5.25µg (1.31%), Vitamin B12: 0.08µg (1.28%), Zinc: 0.18mg (1.17%), Vitamin B5: 0.12mg (1.16%)