



Pork Chops with Mustard Cream Sauce



Gluten Free



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon dijon mustard
- ☐ 0.7 cup skim milk fat-free
- ☐ 0.5 cup fat-skimmed beef broth fat-free
- ☐ 2 teaspoons juice of lemon
- ☐ 16 ounce pork loin chops boneless (1/)
- ☐ 0.5 teaspoon salt

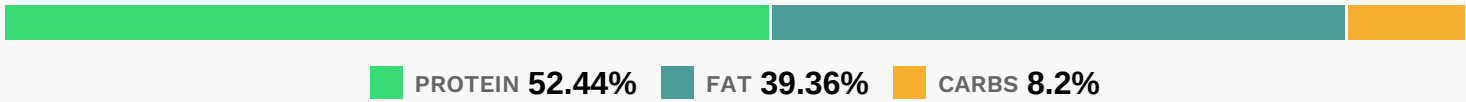
Equipment

☐ frying pan

Directions

- ☐ Sprinkle both sides of pork with salt and pepper.
- ☐ Heat a large nonstick skillet over medium–high heat. Coat pan with cooking spray.
- ☐ Add pork, and cook 4 to 5 minutes on each side or until lightly browned and done.
- ☐ Transfer pork to a serving plate, and keep warm.
- ☐ Add broth to pan, scraping pan to loosen browned bits. Stir in half–and–half, mustard, and lemon juice. Reduce heat, and simmer, uncovered, 6 minutes or until sauce is slightly thick. Spoon sauce over pork; sprinkle with parsley, if desired.
- ☐ Serve with: Roasted Potato Wedges

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:0, Nutrition Score:14.651304454907%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 203.26kcal (10.16%), Fat: 8.61g (13.24%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.83g (1.39%), Sugar: 2.13g (2.36%), Cholesterol: 77.94mg (25.98%), Sodium: 541.8mg (23.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.79g (51.59%), Selenium: 40.58µg (57.98%), Vitamin B1: 0.79mg (52.55%), Vitamin B3: 9.29mg (46.45%), Vitamin B6: 0.86mg (42.79%), Phosphorus: 323.24mg (32.32%), Vitamin B2: 0.31mg (18.36%), Potassium: 522.44mg (14.93%), Vitamin B12: 0.86µg (14.37%), Zinc: 2.11mg (14.06%), Vitamin B5: 1.06mg (10.55%), Magnesium: 38.23mg (9.56%), Calcium: 50.08mg (5.01%), Copper: 0.08mg (4.01%), Iron: 0.68mg (3.79%), Vitamin D: 0.45µg (3.02%), Manganese: 0.04mg (2.22%), Vitamin C: 1.26mg (1.52%), Vitamin E: 0.18mg (1.21%)