



Pork Chops with Mustard Sauce

READY IN



30 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Tbsp dijon mustard
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup heavy whipping cream
- ☐ 24 oz pork loin chops boneless
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil

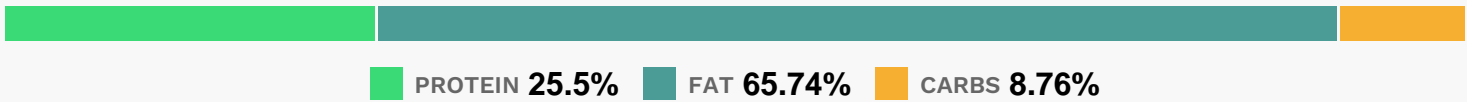
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ Melt butter in oil in a large skillet over medium-high heat.
- ☐ Mix flour, salt and pepper in a shallow bowl.
- ☐ Place pork chops, one at a time, in flour mixture and turn to coat completely. Shake off excess flour and place chops in skillet. Cook until browned and firm to touch, about 7 minutes per side.
- ☐ Remove chops to a plate and cover with foil to keep warm.
- ☐ Pour off fat from skillet, add cream and increase heat to high. Bring to a boil, stirring to pick up browned bits on bottom of skillet. Continue boiling until liquid is reduced by half, about 5 minutes.
- ☐ Remove skillet from heat and stir in mustard. Put chops on individual plates and spoon sauce on top.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:8.64, Inflammation Score:-7, Nutrition Score:24.731304404528%

Nutrients (% of daily need)

Calories: 635.41kcal (31.77%), Fat: 46.04g (70.83%), Saturated Fat: 22.52g (140.74%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 13.23g (4.81%), Sugar: 1.84g (2.04%), Cholesterol: 196.25mg (65.42%), Sodium: 333.83mg (14.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.18g (80.36%), Selenium: 64.73µg (92.47%), Vitamin B1: 1.28mg (85.1%), Vitamin B3: 14.57mg (72.86%), Vitamin B6: 1.27mg (63.27%), Phosphorus: 441.53mg (44.15%), Vitamin B2: 0.51mg (29.92%), Vitamin A: 1059.05IU (21.18%), Potassium: 715.05mg (20.43%), Zinc: 2.92mg (19.46%), Vitamin B12: 1.01µg (16.81%), Vitamin B5: 1.48mg (14.76%), Vitamin K: 15µg (14.29%), Magnesium: 53.77mg (13.44%), Vitamin D: 1.74µg (11.58%), Vitamin E: 1.51mg (10.06%), Iron: 1.7mg (9.44%), Folate: 31.45µg (7.86%), Manganese: 0.14mg (6.77%), Copper: 0.13mg (6.42%), Calcium: 57.68mg (5.77%), Fiber: 0.58g (2.33%)