



Pork Chops with Peachy Mustard Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



14 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 0.5 cup peach preserves
- ☐ 0.3 teaspoon pepper
- ☐ 16 ounce center-cut pork loin chops boneless 1/
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon water

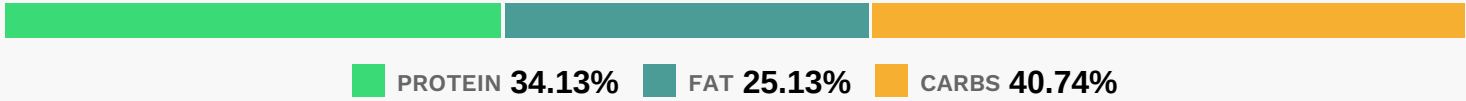
Equipment

- ☐ frying pan

Directions

- ☐ Trim fat from chops.
- ☐ Sprinkle chops with salt and pepper. Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add chops to skillet; cook 1 minute on each side. Reduce heat to medium; cook 4 to 6 additional minutes on each side or until done.
- ☐ Remove chops from skillet, and keep warm.
- ☐ Add peach preserves, mustard, and water to skillet; cook, stirring constantly, 2 minutes. Spoon sauce over chops.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:15.89, Inflammation Score:-2, Nutrition Score:14.057391478316%

Nutrients (% of daily need)

Calories: 298.81kcal (14.94%), Fat: 8.16g (12.55%), Saturated Fat: 2.8g (17.52%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 28.94g (10.52%), Sugar: 20.72g (23.02%), Cholesterol: 75.98mg (25.33%), Sodium: 296.09mg (12.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.93g (49.85%), Selenium: 40.94µg (58.49%), Vitamin B1: 0.78mg (51.83%), Vitamin B3: 9.12mg (45.59%), Vitamin B6: 0.84mg (41.87%), Phosphorus: 272.65mg (27.27%), Vitamin B2: 0.25mg (14.54%), Potassium: 468.64mg (13.39%), Zinc: 1.83mg (12.22%), Vitamin B12: 0.6µg (10.02%), Magnesium: 35.04mg (8.76%), Vitamin B5: 0.86mg (8.57%), Copper: 0.11mg (5.7%), Iron: 0.91mg (5.04%), Vitamin C: 3.77mg (4.57%), Manganese: 0.07mg (3.63%), Fiber: 0.82g (3.29%), Vitamin D: 0.45µg (3.02%), Calcium: 21.92mg (2.19%), Vitamin E: 0.23mg (1.51%), Folate: 5.22µg (1.31%)