



## Pork Cutlets with Apricot-Mustard Sauce

READY IN



20 min.

SERVINGS



5

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup apricot preserves
- 2 tablespoons dijon mustard
- 0.3 cup flour all-purpose
- 1 cup chicken broth low-sodium
- 3 tablespoons olive oil
- 1.3 pounds pork cutlets ( 8)
- 5 servings salt
- 1 tablespoon butter unsalted

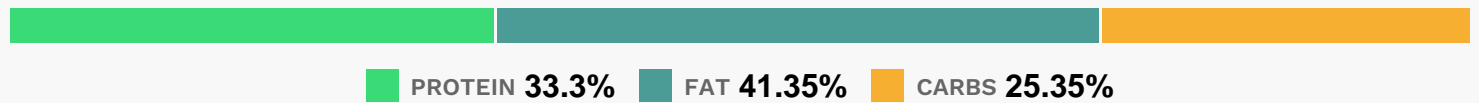
## Equipment

- frying pan
- aluminum foil

## Directions

- Sprinkle pork with salt and dredge in flour. Warm oil in a large skillet over medium-high heat. Working in batches, if necessary cook pork until browned on both sides, turning once, 3 to 5 minutes total.
- Transfer to a plate; tent with foil to keep warm.
- Add jam, broth and mustard to pan. Bring to a simmer and cook, stirring often, until slightly thickened, about 3 minutes.
- Remove from heat and stir in butter until melted.
- Pour sauce over pork and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:21.4, Glycemic Load:3.47, Inflammation Score:-3, Nutrition Score:15.793043406113%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 329.56kcal (16.48%), Fat: 15.14g (23.3%), Saturated Fat: 4.08g (25.49%), Carbohydrates: 20.89g (6.96%), Net Carbohydrates: 20.39g (7.42%), Sugar: 10.43g (11.59%), Cholesterol: 80.86mg (26.95%), Sodium: 339.58mg (14.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.89%), Selenium: 43.78µg (62.55%), Vitamin B1: 0.85mg (56.43%), Vitamin B3: 10.43mg (52.16%), Vitamin B6: 0.87mg (43.69%), Phosphorus: 294.12mg (29.41%), Vitamin B2: 0.27mg (15.92%), Potassium: 514.14mg (14.69%), Zinc: 1.95mg (13%), Vitamin B12: 0.63µg (10.5%), Vitamin E: 1.48mg (9.85%), Magnesium: 36.35mg (9.09%), Vitamin B5: 0.9mg (8.99%), Iron: 1.23mg (6.82%),

Copper: 0.13mg (6.32%), Vitamin K: 5.36µg (5.11%), Manganese: 0.09mg (4.34%), Folate: 12.18µg (3.04%), Vitamin D: 0.38µg (2.55%), Vitamin C: 2.11mg (2.55%), Vitamin A: 122.73IU (2.45%), Fiber: 0.5g (1.99%), Calcium: 17.88mg (1.79%)