



## Pork Stroganoff

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SIDE DISH

### Ingredients

- 0.3 pound mushrooms fresh sliced
- 2 tablespoons parsley fresh chopped for garnish
- 2 teaspoons mustard prepared
- 1 onion thinly sliced
- 5 inch pork chops thick
- 0.5 teaspoon salt
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons vegetable oil

0.3 cup water

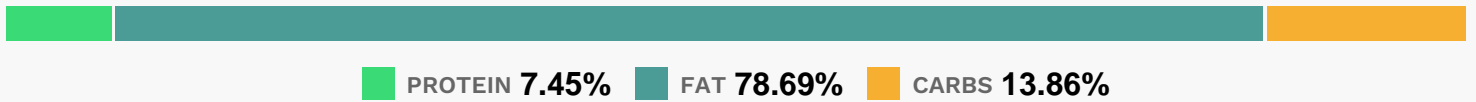
## Equipment

frying pan

## Directions

- Heat oil in a large skillet over medium-high heat. Cook chops until well browned on both sides.
- Remove chops and set aside.
- Add onion and mushrooms to the skillet and cook until tender, stirring occasionally. Return chops to skillet.
- Add water, mustard and salt. Raise heat to high and bring to a boil. Reduce heat to low, cover and simmer for 1 hour.
- Remove chops to a warm platter. Into skillet add sour cream and heat through (do not boil).
- Pour sauce over pork chops.
- Garnish with parsley and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.75, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:6.3286956587563%

## Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

## Nutrients (% of daily need)

Calories: 141.44kcal (7.07%), Fat: 12.82g (19.73%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 5.08g (1.69%), Net Carbohydrates: 4.16g (1.51%), Sugar: 2.76g (3.07%), Cholesterol: 19.09mg (6.36%), Sodium: 333mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.46%), Vitamin K: 45.88µg (43.7%), Vitamin B2: 0.18mg (10.54%), Selenium: 5.74µg (8.2%), Vitamin A: 350.04IU (7%), Vitamin B3: 1.38mg (6.88%), Vitamin C: 5.56mg

(6.74%), Phosphorus: 65.24mg (6.52%), Vitamin B5: 0.59mg (5.93%), Copper: 0.12mg (5.76%), Potassium: 192.97mg (5.51%), Vitamin B6: 0.1mg (5.04%), Vitamin E: 0.7mg (4.68%), Vitamin B1: 0.07mg (4.6%), Calcium: 41.39mg (4.14%), Folate: 14.98µg (3.75%), Fiber: 0.92g (3.7%), Manganese: 0.07mg (3.33%), Magnesium: 11.36mg (2.84%), Zinc: 0.38mg (2.52%), Iron: 0.4mg (2.24%), Vitamin B12: 0.09µg (1.48%)