



## Pork with Mustard Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons dijon mustard country-style
- 0.3 teaspoon thyme leaves dried
- 1.5 tablespoons flour all-purpose
- 1 garlic clove minced
- 0.7 cup low-salt chicken broth
- 0.5 cup onion separated sliced
- 0.1 teaspoon pepper
- 16 ounce center-cut loin pork chops boneless

- 0.3 teaspoon salt
- 1.5 teaspoons worcestershire sauce

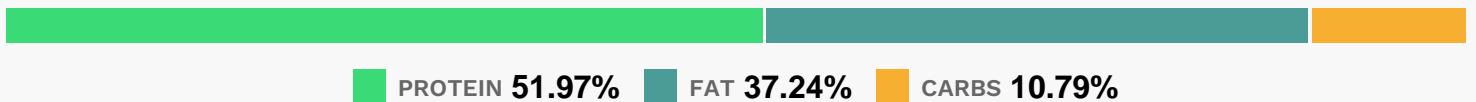
## Equipment

- whisk
- baking pan
- wax paper
- microwave

## Directions

- Trim fat from pork.
- Brush Worcestershire sauce over pork, and sprinkle with salt and pepper; set aside.
- Combine the onion and garlic in an 8-inch square baking dish; stir well. Cover with wax paper, and microwave at high for 2 minutes. Stir flour and thyme into onion mixture; gradually add broth and mustard, stirring with a wire whisk until blended. Arrange pork on top of onion mixture, spoke-fashion, with ends pointing toward center of dish. Cover and microwave at high 7 minutes, rearranging pork and stirring the onion mixture every 3 minutes.
- Let stand, covered, 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:49, Glycemic Load:2.05, Inflammation Score:-3, Nutrition Score:14.37521754594%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

## Nutrients (% of daily need)

Calories: 205kcal (10.25%), Fat: 8.25g (12.69%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 4.8g (1.75%), Sugar: 1.18g (1.31%), Cholesterol: 75.98mg (25.33%), Sodium: 269.35mg (11.71%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.9g (51.8%), Selenium: 39.56µg (56.52%), Vitamin B1: 0.8mg (53.06%), Vitamin B3: 9.83mg (49.13%), Vitamin B6: 0.86mg (43.2%), Phosphorus: 282.34mg (28.23%), Potassium: 515.14mg (14.72%), Vitamin B2: 0.25mg (14.51%), Zinc: 1.88mg (12.56%), Vitamin B12: 0.64µg (10.67%), Vitamin B5: 0.87mg (8.74%), Magnesium: 34.42mg (8.61%), Iron: 1.08mg (5.99%), Copper: 0.11mg (5.27%), Manganese: 0.09mg (4.46%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.05mg (2.48%), Folate: 9.51µg (2.38%), Fiber: 0.58g (2.31%), Calcium: 21.42mg (2.14%), Vitamin K: 1.34µg (1.27%), Vitamin E: 0.17mg (1.13%)