



Pork with Orange-Cranberry Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup beef broth
- 2 teaspoons butter
- 1 teaspoon cornstarch
- 2 teaspoons dijon mustard
- 0.3 cup cranberries dried
- 2 teaspoons olive oil
- 2 tablespoons orange juice concentrate frozen thawed
- 4 center-cut pork chops boneless ()

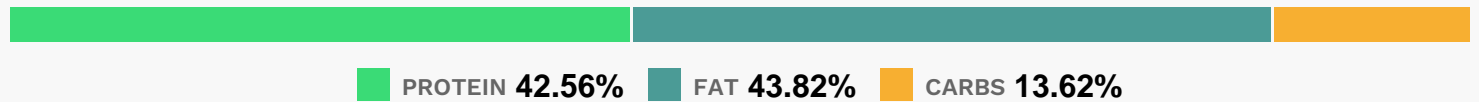
Equipment

- frying pan
- plastic wrap

Directions

- Trim off and discard any excess fat from pork chops, then place the meat between two pieces of plastic wrap. With a heavy, flat-sided mallet or a clean hammer, firmly pound all over until the meat is 1/4 to 1/3 inch thick. (Don't pound hard enough to tear the meat.)
- Melt butter and oil in a 10- to 12-inch nonstick frying pan over medium-high heat. When butter sizzles, add pork (if all the meat won't fit, cook in batches). Cook, turning once, until both sides are well browned and center is no longer pink (cut to test), 4 to 5 minutes total.
- Remove meat, transfer to a platter, and keep warm.
- Mix broth, dried cranberries, orange juice concentrate, mustard, and cornstarch until smooth.
- Add to pan and bring to a boil over high heat, stirring constantly; boil until slightly thickened, about 1 minute, then pour over pork.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:16.832608668701%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 284.21kcal (14.21%), Fat: 13.6g (20.92%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 9.5g (3.17%), Net Carbohydrates: 8.92g (3.24%), Sugar: 7.73g (8.59%), Cholesterol: 89.78mg (29.93%), Sodium: 283.78mg (12.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.42%), Selenium: 45.61µg (65.15%), Vitamin B1: 0.92mg (61.4%), Vitamin B3: 11.19mg (55.96%), Vitamin B6: 1mg (50.07%), Phosphorus: 317.15mg (31.71%), Potassium: 579.17mg (16.55%), Vitamin B2: 0.28mg (16.18%), Zinc: 2.11mg (14.08%), Vitamin C: 10.75mg (13.03%), Vitamin B12: 0.74µg (12.4%), Vitamin B5: 1.05mg (10.51%), Magnesium: 39.92mg (9.98%), Vitamin E: 0.75mg (5.01%),

Iron: 0.85mg (4.74%), Copper: 0.09mg (4.31%), Vitamin D: 0.54µg (3.57%), Vitamin A: 124.58IU (2.49%),
Manganese: 0.05mg (2.41%), Fiber: 0.59g (2.35%), Calcium: 17.93mg (1.79%), Vitamin K: 1.85µg (1.76%), Folate:
6.79µg (1.7%)