



WHATSheATE



Sautéed Pork Chops with Sweet Potato, Apples and Mustard Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



515 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apple cider plus more if needed
- ☐ 2 servings pepper black freshly ground
- ☐ 1 baking apples are apples that have a sweet-tart balance and hold their shape when cored thinly sliced
- ☐ 1 tsp dijon mustard (see "it's that easy")
- ☐ 2 tsp parsley fresh minced
- ☐ 0.3 tsp ground cinnamon
- ☐ 2 tbsp olive oil

- ☐ 2 pork loin chops boneless thick
- ☐ 2 servings salt
- ☐ 1 shallots minced
- ☐ 1 medium sweet potatoes and into peeled very thinly sliced

Equipment

- ☐ frying pan

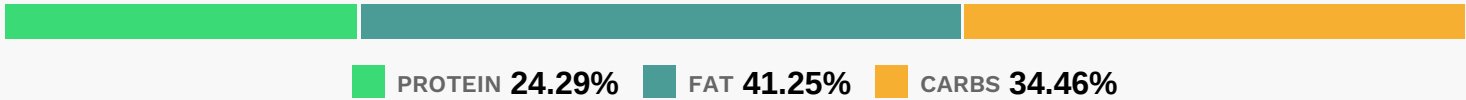
Directions

- ☐ Combine the cider, cinnamon and 1/4 tsp salt in a cup. Set aside.
- ☐ Pat the pork chops dry and sprinkle all over with salt and pepper.
- ☐ Heat a 12-in/30.5-cm skillet over medium-high heat and add the olive oil. When the oil shimmers, add the seasoned pork chops to the pan and cook until lightly browned on the first side, about 3 minutes. Turn and cook until browned on the second side, about 2 minutes longer.
- ☐ Transfer the pork chops to a plate. (They will not be cooked through at this point.)
- ☐ Add the sweet potato, apple, shallot, cider mixture, and a grind or two of pepper to the hot pan. Bring it all to a simmer, cover, and reduce the heat to medium-low or low—the pan should bubble, but not too aggressively. Cook the potato mixture until a fork easily pierces the partially cooked potato but there is still some resistance, about 10 minutes.
- ☐ Return the pork chops to the pan (along with any juices accumulated on the plate) and nestle them into the potatoes and apples. Cover and cook until the meat is cooked through and the potatoes are tender, about 8 minutes longer. Taste and adjust the seasoning.
- ☐ Transfer the pork chops, potatoes, and apples to two warmed plates. There should be some liquid remaining in the pan to serve as a base for the sauce. (If the potatoes have absorbed all of the liquid, add 2 to 3 tbsp cider to the pan and heat it briefly over medium heat.) Stir the mustard into the pan juices with a fork. Taste the sauce and add more pepper if it needs it.
- ☐ Spoon the sauce over the meat and vegetables, sprinkle the parsley over the top, and serve hot.
- ☐ It's that easy: Pardon me, but, do you have any Grey Poupon? If not, get some, or purchase one of the many exceptional whole-grain mustards on the grocery shelves these days—they have more "pow!" than the smooth Dijon style. Pommery Moutarde de Meaux is the gold standard, having been "served at the tables of French kings since 1632," which probably

makes it good enough for the rest of us.Extra hungry?

- ☐ Add steam-in-the-bag peas for a welcome splash of green on the plate. In the Glass: A medium-dry Riesling will complement the sweet pork and apples, as would a tall, cold glass of Belgian-style wheat ale such as Blue Moon.
- ☐ Reprinted with permission from One Pan, Two Plates: More Than 70 Complete Weeknight Meals for Two by Carla Snyder. Text copyright © 2013 by Carla Snyder; photographs copyright © 2013 by Jody Horton. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:130.88, Glycemic Load:17.74, Inflammation Score:-10, Nutrition Score:28.106086969376%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 9.63mg, Epicatechin: 9.63mg, Epicatechin: 9.63mg, Epicatechin: 9.63mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

Nutrients (% of daily need)

Calories: 514.71kcal (25.74%), Fat: 23.69g (36.45%), Saturated Fat: 5.28g (33.03%), Carbohydrates: 44.53g (14.84%), Net Carbohydrates: 38.12g (13.86%), Sugar: 20.89g (23.21%), Cholesterol: 89.78mg (29.93%), Sodium: 352.92mg (15.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.39g (62.78%), Vitamin A: 16098.6IU (321.97%), Vitamin B1: 1.02mg (68.15%), Selenium: 46.11µg (65.87%), Vitamin B6: 1.3mg (65.13%), Vitamin B3: 11.51mg (57.53%), Phosphorus: 380.71mg (38.07%), Potassium: 1086.55mg (31.04%), Fiber: 6.4g (25.6%), Manganese: 0.49mg (24.68%), Vitamin B2: 0.36mg (20.89%), Vitamin B5: 2.01mg (20.09%), Magnesium: 74.84mg (18.71%), Vitamin E: 2.68mg (17.85%), Zinc: 2.54mg (16.93%), Copper: 0.29mg (14.65%), Vitamin K: 14.51µg (13.82%), Vitamin B12: 0.71µg (11.84%), Vitamin C: 8.58mg (10.41%), Iron: 1.85mg (10.29%), Calcium: 63.76mg (6.38%), Folate: 19.77µg (4.94%), Vitamin D: 0.54µg (3.57%)