



## Spicy Brown Mustard Pork Chops

 Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup canola oil
- 1 cup flour all-purpose
- 0.5 teaspoon garlic powder
- 0.3 teaspoon pepper
- 3 inch pork chops boneless
- 0.5 teaspoon salt
- 0.5 cup spicy brown mustard

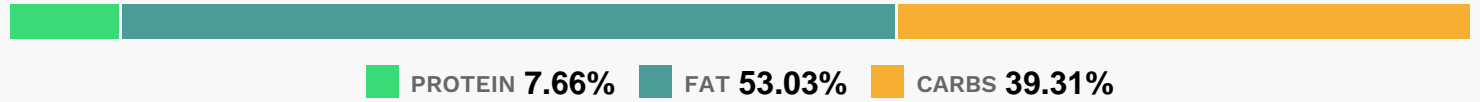
### Equipment

- frying pan
- paper towels

## Directions

- Combine first 3 ingredients.
- Spread mustard evenly on both sides of pork chops, and sprinkle with salt mixture.
- Place flour in a shallow dish; dredge chops in flour.
- Cook pork chops in hot oil in a large skillet over medium-high heat 2 to 3 minutes on each side or until golden brown.
- Drain on paper towels, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:24, Glycemic Load:11.59, Inflammation Score:-2, Nutrition Score:5.378260863459%

## Nutrients (% of daily need)

Calories: 174kcal (8.7%), Fat: 10.33g (15.89%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 15.73g (5.72%), Sugar: 0.36g (0.4%), Cholesterol: 0.85mg (0.28%), Sodium: 423.23mg (18.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Selenium: 14.6µg (20.86%), Vitamin B1: 0.21mg (14.16%), Manganese: 0.24mg (12.11%), Vitamin E: 1.72mg (11.48%), Folate: 39.71µg (9.93%), Iron: 1.33mg (7.37%), Vitamin B3: 1.45mg (7.25%), Vitamin B2: 0.12mg (7.03%), Vitamin K: 7.17µg (6.82%), Fiber: 1.5g (5.99%), Phosphorus: 48.95mg (4.89%), Magnesium: 15.21mg (3.8%), Copper: 0.05mg (2.43%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.04mg (1.85%), Potassium: 62.28mg (1.78%), Calcium: 16.97mg (1.7%), Vitamin B5: 0.17mg (1.66%)