

# Boneless Pork Chop with Shallot Mustard Sauce

Yield: 2 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/boneless-pork-chop-pressure-cooker-recipe-italian-seasoning>

## Ingredients:

- 2 boneless pork chops
- salt and ground black pepper to taste
- 1 pinch italian seasoning or to taste
- 1 tablespoon butter
- 1 tablespoon olive oil
- 1 onion sliced
- 2 shallots sliced
- 1 tablespoon chicken stock
- 2 tablespoons white cooking wine
- 1 cup half-and-half
- 2 1/2 tablespoons horseradish mustard
- 2 teaspoons lemon juice
- 1/4 teaspoon fresh thyme

## Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 185 milligrams
4. Fat: 41 grams
5. Fiber: 2 grams
6. Protein: 49 grams
7. SaturatedFat: 17 grams
8. Sodium: 510 milligrams
9. Sugar: 3 grams

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