



## Andouille-Stuffed Pork Chops

 Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 pound andouille sausage
- ☐ 2 cups bread french
- ☐ 1 tablespoon cajun spice divided
- ☐ 0.3 cup celery finely chopped
- ☐ 0.5 cup chicken broth
- ☐ 3 garlic clove minced
- ☐ 0.3 cup bell pepper green finely chopped
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup onion finely chopped
- ☐ 2 tablespoons paprika
- ☐ 2 teaspoons pepper
- ☐ 6 pork loin chops bone-in 2-inch-thick ()
- ☐ 6 servings thyme sprigs fresh

## Equipment

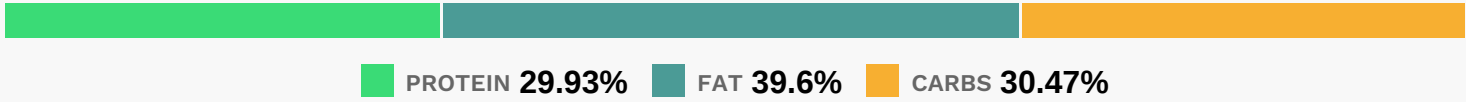
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

## Directions

- ☐ Preheat oven to 35
- ☐ Cook sausage in a large skillet over medium heat, stirring often, 5 to 6 minutes or until sausage crumbles and is no longer pink.
- ☐ Remove sausage; drain on paper towels, reserving drippings in skillet.
- ☐ Saut onion and next 3 ingredients in hot drippings 5 minutes or until tender.
- ☐ Remove from heat; stir in sausage and 1 tsp. Cajun seasoning.
- ☐ Stir together sausage mixture, bread cubes, and chicken broth in a large bowl.
- ☐ Cut a lengthwise slit in 1 side of each pork chop to form a pocket, cutting to but not through opposite side.
- ☐ Sprinkle both sides and pocket of each chop with desired amount of salt and pepper. Spoon sausage mixture into each pocket.
- ☐ Stir together paprika, pepper, and remaining 2 tsp. Cajun seasoning; rub over chops.
- ☐ Cook 3 pork chops in 1 Tbsp. hot olive oil in a large skillet over medium-high heat 1 to 2 minutes on each side or until golden.

- ☐ Place pork chops in a lightly greased roasting pan or large shallow baking dish. Repeat with remaining pork chops and olive oil.
- ☐ Bake at 350 for 30 to 40 minutes or until done.
- ☐ Let stand 10 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:47.75, Glycemic Load:32.23, Inflammation Score:-10, Nutrition Score:32.50260875536%

## Flavonoids

Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

## Nutrients (% of daily need)

Calories: 609.44kcal (30.47%), Fat: 26.73g (41.12%), Saturated Fat: 7.79g (48.66%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 42.57g (15.48%), Sugar: 5.29g (5.88%), Cholesterol: 122.68mg (40.89%), Sodium: 926.45mg (40.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.46g (90.91%), Selenium: 75.36µg (107.66%), Vitamin B1: 1.58mg (105.39%), Vitamin B3: 17.31mg (86.54%), Vitamin B6: 1.26mg (63.15%), Phosphorus: 464.27mg (46.43%), Vitamin B2: 0.72mg (42.42%), Vitamin A: 1838.56IU (36.77%), Manganese: 0.65mg (32.28%), Iron: 5.31mg (29.5%), Zinc: 4.07mg (27.12%), Folate: 104.37µg (26.09%), Potassium: 866.97mg (24.77%), Magnesium: 78.08mg (19.52%), Vitamin B12: 1.08µg (18.08%), Vitamin B5: 1.66mg (16.56%), Vitamin E: 2.42mg (16.16%), Fiber: 3.7g (14.78%), Copper: 0.28mg (13.97%), Vitamin C: 8.21mg (9.95%), Vitamin K: 9.03µg (8.6%), Calcium: 77.72mg (7.77%), Vitamin D: 1.07µg (7.1%)