



Apple and Onion-Stuffed Pork Chops with Orange-Pineapple Gravy

 Gluten Free

READY IN



90 min.

SERVINGS



4

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 slices bacon roughly chopped
- 2 teaspoons flat-leaf parsley chopped
- 2 teaspoons sage leaves fresh chopped
- 4 sprigs thyme leaves fresh
- 1 apples i use 2 granny smith apples cored peeled sliced thin
- 0.3 teaspoon ground cinnamon
- 1 lemon zest

- 4 servings oil for skillet
- 1.5 cups pineapple–orange juice
- 4 pork chops ()
- 4 servings salt and pepper black freshly ground
- 1 large onion sweet chopped
- 2 tablespoons butter unsalted room temperature

Equipment

- bowl
- frying pan
- oven
- skewers

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Gently cut pockets into chops by slicing horizontally in the side. On a plate, place salt and pepper. Dredge chops in seasoning. In a medium skillet over medium heat, saute the bacon, chopped onions, thyme, and sage until the bacon is almost crispy and the onions are beginning to caramelize around the edges, about 10 minutes.
- Pour mixture into a bowl.
- Add apples, butter, 2 tablespoons of pineapple–orange juice and cinnamon. Season with salt and pepper. Stuff each chop with apple mixture and hold together with skewers. In same skillet over medium–high heat, add enough oil to coat the pan and sear both sides of the chops until golden brown, about 4 minutes per side.
- Add 1 cup pineapple–orange juice and remaining onion wedges around the chops. Season with salt and pepper and bake until cooked through, about 20 to 25 minutes, depending on the thickness of the chops, basting 2 to 3 times.
- Remove pork chops from pan and let rest 10 minutes.
- Add remaining pineapple–orange juice and scrape up the brown bits that cling to the bottom of the pan. Bring the liquid to a simmer and cook until reduced by half, about 5 minutes.

Add lemon zest and parsley.

Pour sauce over pork chops.

Nutrition Facts

PROTEIN 24.35% **FAT 57.97%** **CARBS 17.68%**

Properties

Glycemic Index:49.5, Glycemic Load:6.65, Inflammation Score:-9, Nutrition Score:28.490869584291%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 14.07mg, Quercetin: 14.07mg, Quercetin: 14.07mg, Quercetin: 14.07mg

Nutrients (% of daily need)

Calories: 523.26kcal (26.16%), Fat: 33.75g (51.92%), Saturated Fat: 9.44g (59.01%), Carbohydrates: 23.17g (7.72%), Net Carbohydrates: 20.68g (7.52%), Sugar: 16.77g (18.63%), Cholesterol: 112.09mg (37.36%), Sodium: 146.2mg (6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.89g (63.79%), Copper: 3.22mg (161.02%), Vitamin B1: 1.05mg (70.29%), Vitamin C: 56.17mg (68.09%), Selenium: 47.16µg (67.37%), Vitamin B6: 1.17mg (58.62%), Vitamin B3: 11.7mg (58.5%), Phosphorus: 365.39mg (36.54%), Potassium: 871.34mg (24.9%), Vitamin E: 2.98mg (19.85%), Vitamin B2: 0.32mg (18.99%), Zinc: 2.43mg (16.2%), Magnesium: 60.05mg (15.01%), Vitamin B5: 1.34mg (13.39%), Vitamin B12: 0.78µg (12.95%), Manganese: 0.25mg (12.7%), Folate: 49.25µg (12.31%), Vitamin K: 12.84µg (12.23%), Fiber: 2.49g (9.95%), Vitamin A: 449.15IU (8.98%), Iron: 1.49mg (8.3%), Calcium: 55.5mg (5.55%), Vitamin D: 0.69µg (4.57%)