



## Apple Cranberry Stuffed Pork Chops

 Gluten Free

READY IN



90 min.

SERVINGS



5

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup apple juice
- 1 teaspoon pepper black freshly ground
- 2 tablespoons brown sugar
- 2 tablespoons butter
- 2 stalks rib celery finely chopped
- 1 tablespoon cornstarch
- 0.3 cup cranberries dried
- 1 apples i use 2 granny smith apples diced cored peeled

- 1 teaspoon kosher salt
- 5 pork chops boneless ()
- 0.1 onion yellow minced

## Equipment

- bowl
- frying pan
- oven
- knife
- aluminum foil
- stove
- measuring cup
- dutch oven
- cutting board

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a Dutch oven, melt 1 tablespoon butter over medium heat. Cook onion in butter until the onions are very soft and begin to brown.
- Remove from heat. Stir in apple, celery, and dried cranberries. Season with salt.
- Lay each chop flat on cutting board, and with a sharp knife held parallel to the board, cut a pocket into the pork, leaving three sides intact. Stuff each chop with apple-cranberry mixture.
- Melt remaining butter in the Dutch oven over medium heat. Pan-fry chops in butter for two minutes on each side. Cover, and bake in preheated oven for 45 minutes.
- Transfer chops from pan to a plate, and cover with foil.
- Place the Dutch oven back on the stovetop over medium heat. In a small bowl or measuring cup, stir together apple juice, cornstarch, and brown sugar; pour into Dutch oven. Reduce liquid volume by half, stirring frequently. Season to taste with black pepper.
- Serve this apple glaze over pork chops.

# Nutrition Facts

PROTEIN 35.09% FAT 38.03% CARBS 26.88%

## Properties

Glycemic Index:42.75, Glycemic Load:3.68, Inflammation Score:-3, Nutrition Score:16.610434770584%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 334.76kcal (16.74%), Fat: 14.05g (21.62%), Saturated Fat: 6.19g (38.72%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 20.88g (7.59%), Sugar: 17.74g (19.71%), Cholesterol: 101.82mg (33.94%), Sodium: 570.07mg (24.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.16g (58.33%), Selenium: 44.63µg (63.76%), Vitamin B1: 0.91mg (60.88%), Vitamin B3: 10.82mg (54.12%), Vitamin B6: 1.01mg (50.29%), Phosphorus: 314.07mg (31.41%), Potassium: 610.08mg (17.43%), Vitamin B2: 0.27mg (15.95%), Zinc: 2.13mg (14.17%), Vitamin B12: 0.72µg (12%), Vitamin B5: 1.06mg (10.56%), Magnesium: 40.99mg (10.25%), Manganese: 0.14mg (6.75%), Fiber: 1.46g (5.85%), Copper: 0.1mg (5.23%), Iron: 0.89mg (4.94%), Vitamin D: 0.54µg (3.57%), Vitamin A: 169.49IU (3.39%), Vitamin E: 0.51mg (3.38%), Vitamin C: 2.35mg (2.85%), Calcium: 24.29mg (2.43%), Vitamin K: 2.44µg (2.32%)