



Apple-Glazed Stuffed Pork Chops

 Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apples chopped ()
- 1 cup apple juice
- 2 tablespoons butter
- 2 slices raisin bread toasted cut into cubes (1 cup)
- 1 tablespoon cornstarch
- 0.1 teaspoon ground cinnamon
- 3 tablespoons orange juice
- 0.3 teaspoon orange zest grated

- 0.5 cup pecans chopped
- 1 Dash pepper
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 2.5 lb pork loin chops

Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife

Directions

- Heat oven to 350F. With sharp knife, make pocket in each pork chop by cutting into side of chop toward bone.
- In medium bowl, mix stuffing ingredients. Stuff each pocket with 1/4 of stuffing mixture; place chops in ungreased 13x9-inch pan.
- Bake uncovered 30 minutes.
- Meanwhile, in 1-quart saucepan, mix sugar and cornstarch; stir in apple juice. Cook over medium-low heat, stirring frequently, until mixture boils and thickens.
- Remove from heat; stir in butter.
- Pour glaze evenly over chops; bake uncovered 30 to 35 minutes longer or until pork is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:78.21, Glycemic Load:12.73, Inflammation Score:-6, Nutrition Score:33.436086716859%

Flavonoids

Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg, Cyanidin: 1.72mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg, Epicatechin: 4.21mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 692.96kcal (34.65%), Fat: 35.85g (55.15%), Saturated Fat: 9.12g (56.99%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 24.68g (8.97%), Sugar: 15.93g (17.7%), Cholesterol: 189.94mg (63.31%), Sodium: 540.9mg (23.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.64g (127.27%), Selenium: 97.13µg (138.75%), Vitamin B1: 2.05mg (136.86%), Vitamin B3: 23.37mg (116.85%), Vitamin B6: 2.12mg (105.97%), Phosphorus: 702.81mg (70.28%), Manganese: 0.77mg (38.37%), Vitamin B2: 0.62mg (36.25%), Potassium: 1251.7mg (35.76%), Zinc: 5.13mg (34.23%), Vitamin B12: 1.51µg (25.16%), Magnesium: 99.24mg (24.81%), Vitamin B5: 2.3mg (23%), Copper: 0.37mg (18.38%), Iron: 2.28mg (12.67%), Fiber: 2.46g (9.85%), Vitamin C: 8mg (9.7%), Vitamin D: 1.13µg (7.56%), Vitamin A: 304.76IU (6.1%), Vitamin E: 0.85mg (5.69%), Folate: 21.19µg (5.3%), Calcium: 48.58mg (4.86%), Vitamin K: 1.11µg (1.06%)