



Apple-Glazed Stuffed Pork Chops

 Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



1132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 lb lamb loin chops
- ☐ 2 slices raisin bread toasted cut into cubes (1 cup)
- ☐ 0.5 cup apples chopped ()
- ☐ 0.5 cup pecans chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon orange zest grated
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 Dash pepper

- ☐ 3 tablespoons orange juice
- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup apple juice
- ☐ 2 tablespoons butter

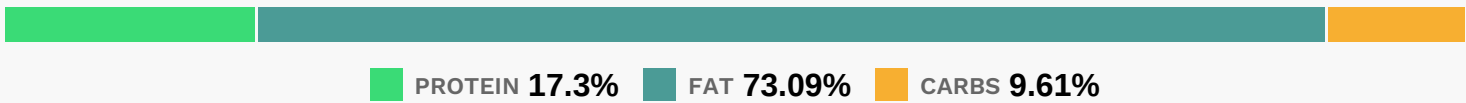
Equipment

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

Directions

- ☐ Heat oven to 350°F. 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:-5, Nutrition Score:29.827826043834%

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: 1132.37kcal (56.62%), Fat: 91.67g (141.03%), Saturated Fat: 35.51g (221.95%), Carbohydrates: 27.14g (9.05%), Net Carbohydrates: 24.68g (8.97%), Sugar: 15.93g (17.7%), Cholesterol: 209.79mg (69.93%), Sodium: 563.58mg (24.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.81g (97.62%), Vitamin B12: 5.79µg (96.51%), Vitamin B3: 19.07mg (95.33%), Selenium: 56.87µg (81.24%), Zinc: 7.91mg (52.75%), Phosphorus: 493.03mg (49.3%), Vitamin B2: 0.69mg (40.42%), Manganese: 0.8mg (39.93%), Vitamin B1: 0.47mg (31.59%), Iron: 5.43mg (30.16%), Copper: 0.51mg (25.32%), Potassium: 800.94mg (22.88%), Vitamin B6: 0.43mg (21.49%), Magnesium: 85.07mg (21.27%), Vitamin B5: 2.03mg (20.25%), Folate: 69.38µg (17.35%), Fiber: 2.46g (9.85%), Vitamin C: 8mg (9.7%), Calcium: 71.26mg (7.13%), Vitamin E: 1mg (6.64%), Vitamin A: 293.42IU (5.87%), Vitamin K: 1.11µg (1.06%)