



Apple, Goat Cheese and Pecan-Stuffed Pork Chops

 Gluten Free

READY IN



545 min.

SERVINGS



7

CALORIES



529 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons baker's corner brown sugar
- ☐ 2 tablespoons countryside creamery butter unsalted
- ☐ 3 tablespoons carlini extra virgin olive oil
- ☐ 6 ounces specially selected goat cheese log plain crumbled
- ☐ 4 granny smith apples thinly sliced
- ☐ 0.3 teaspoon stonemill essentials ground pepper black to taste
- ☐ 0.3 cup berryhill honey

- ☐ 0.5 juice of lemon juiced
- ☐ 1 cup southern grove pecans chopped
- ☐ 2 pound roseland half pork loin
- ☐ 0.8 teaspoon stonemill essentials iodized salt divided to taste
- ☐ 6 cups water divided

Equipment

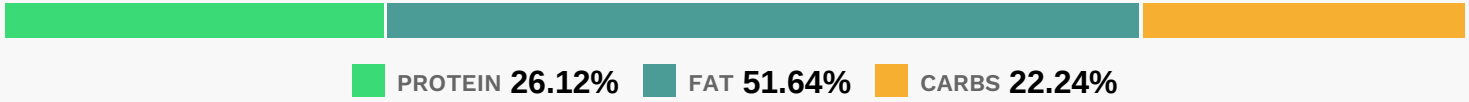
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Slice the pork loin into 1-inch thick chops.
- ☐ In a medium pot, bring 4 cups water, lemon juice, honey and 1/2 teaspoon salt to a boil for 2 minutes.
- ☐ Remove from heat, add 2 cups cold water.
- ☐ Pour the brine into a plastic container large enough for the chops.
- ☐ Add the chops, brine overnight.
- ☐ Preheat oven to 350 degrees F.
- ☐ Place pecans on a baking sheet and bake for 5 minutes or until golden brown.
- ☐ For the stuffing: In a large skillet over medium heat, melt the butter.
- ☐ Add the apple slices, brown sugar, 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Saute until tender.
- ☐ Remove from heat and allow to cool for 5 minutes.
- ☐ Add the chopped pecans and goat cheese.
- ☐ Remove the chops from the brine.
- ☐ Slit each chop horizontally to create a large hole for the stuffing.

- ☐
- Spoon the stuffing into the chops. Season each chop with salt and pepper to taste.
- ☐
- In a large skillet over medium–high heat, sear each chop in extra virgin olive oil.
- ☐
- Place chops on a baking pan and bake for 20–30 minutes until internal temperature is 155–160 degrees F.

Nutrition Facts



Properties

Glycemic Index:25.18, Glycemic Load:9.07, Inflammation Score:-5, Nutrition Score:20.910869422166%

Flavonoids

Cyanidin: 3.31mg, Cyanidin: 3.31mg, Cyanidin: 3.31mg, Cyanidin: 3.31mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg, Catechin: 2.48mg Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg, Epigallocatechin: 1.15mg Epicatechin: 7.96mg, Epicatechin: 7.96mg, Epicatechin: 7.96mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.56mg, Epigallocatechin 3–gallate: 0.56mg, Epigallocatechin 3–gallate: 0.56mg, Epigallocatechin 3–gallate: 0.56mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Eriodictyol: 0.1mg Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg, Hesperetin: 0.31mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 529.1kcal (26.46%), Fat: 31.02g (47.73%), Saturated Fat: 9.04g (56.48%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 26.01g (9.46%), Sugar: 24.97g (27.75%), Cholesterol: 101.42mg (33.81%), Sodium: 440.58mg (19.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.3g (70.61%), Vitamin B6: 1.12mg (56.01%), Selenium: 37.35µg (53.36%), Vitamin B1: 0.71mg (47.49%), Phosphorus: 410.24mg (41.02%), Manganese: 0.79mg (39.62%), Vitamin B3: 7.85mg (39.25%), Copper: 0.51mg (25.39%), Vitamin B2: 0.39mg (22.85%), Zinc: 3.36mg (22.38%), Potassium: 681.22mg (19.46%), Fiber: 4.04g (16.16%), Magnesium: 64.54mg (16.14%), Vitamin B5: 1.35mg (13.5%), Vitamin B12: 0.71µg (11.9%), Vitamin E: 1.58mg (10.52%), Iron: 1.8mg (10%), Vitamin A: 416.37IU (8.33%), Vitamin C: 5.85mg (7.08%), Vitamin K: 7.28µg (6.93%), Calcium: 68.91mg (6.89%), Vitamin D: 0.62µg (4.1%), Folate: 10.3µg (2.57%)