



## Apple-Mustard Stuffed Pork Chops

 Dairy Free

READY IN



50 min.

SERVINGS



50

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 3 Tbsp grey poupon dijon mustard divided
- 0.5 cup granny smith apples chopped
- 0.3 cup planters pecans coarsely chopped
- 1.5 lb pork chops boneless thick
- 2 Tbsp raisins
- 0.5 cup ritz crackers crushed

## Equipment

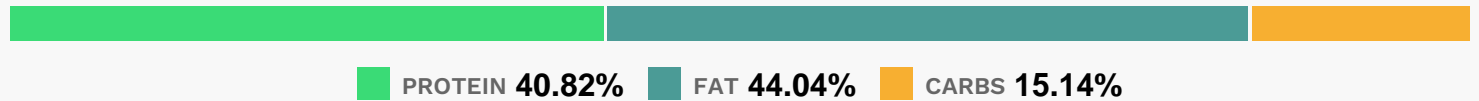
- toothpicks

grill

## Directions

- Heat grill to medium heat.
- Make pocket in each chop by carefully making horizontal cut in thickest side of chop, being careful to not cut all the way through to opposite side of chop.
- Combine apples, cracker crumbs, nuts, 2 Tbsp. mustard and raisins; spoon into pockets in chops. Press cut sides together to seal pockets; secure with wooden toothpicks.
- Grill chops 30 min. or until chops are done (145F), turning after 15 min. and brushing with remaining mustard.
- Remove from grill.
- Let stand 3 min. before removing toothpicks from chops and serving.

## Nutrition Facts



## Properties

Glycemic Index:2.66, Glycemic Load:0.3, Inflammation Score:-1, Nutrition Score:1.8300000014512%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 30.44kcal (1.52%), Fat: 1.48g (2.27%), Saturated Fat: 0.4g (2.5%), Carbohydrates: 1.14g (0.38%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.21g (0.23%), Cholesterol: 9.12mg (3.04%), Sodium: 21.9mg (0.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Selenium: 4.86µg (6.94%), Vitamin B1: 0.1mg (6.62%), Vitamin B3: 1.13mg (5.67%), Vitamin B6: 0.1mg (5.12%), Phosphorus: 35.32mg (3.53%), Potassium: 61.14mg (1.75%), Vitamin B2: 0.03mg (1.73%), Zinc: 0.24mg (1.63%), Manganese: 0.03mg (1.61%), Magnesium: 4.93mg (1.23%), Vitamin B12: 0.07µg (1.2%), Vitamin B5: 0.11mg (1.09%)