



Apple-Pork Chop Casserole

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 oz peach pie filling canned
- ☐ 1 tablespoon cooking oil
- ☐ 8 pork chops boneless
- ☐ 2 oz bread stuffing mix

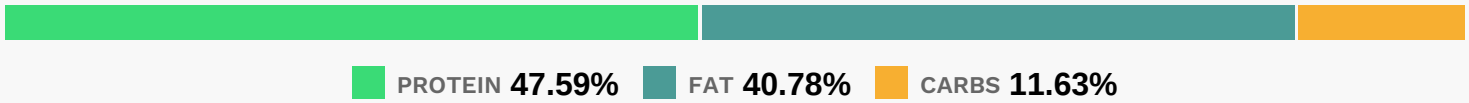
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oil in a skillet over medium-high heat. Cook pork chops in oil until both sides are browned. Meanwhile, prepare stuffing according to package directions.
- ☐ Pour pie filling into a lightly greased 13"x9" baking pan; lay pork chops on top. Cover with stuffing.
- ☐ Bake, uncovered, at 325 degrees for 45 minutes to one hour, until pork chops are cooked through.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:16.125217475969%

Nutrients (% of daily need)

Calories: 257.61kcal (12.88%), Fat: 11.3g (17.38%), Saturated Fat: 3.47g (21.7%), Carbohydrates: 7.25g (2.42%), Net Carbohydrates: 6.95g (2.53%), Sugar: 1.56g (1.74%), Cholesterol: 89.85mg (29.95%), Sodium: 167.23mg (7.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.66g (59.33%), Selenium: 47.78µg (68.25%), Vitamin B1: 0.94mg (62.46%), Vitamin B3: 11.12mg (55.58%), Vitamin B6: 0.98mg (49.24%), Phosphorus: 313.33mg (31.33%), Vitamin B2: 0.28mg (16.31%), Potassium: 520.44mg (14.87%), Zinc: 2.15mg (14.3%), Vitamin B12: 0.71µg (11.86%), Vitamin B5: 1.01mg (10.05%), Magnesium: 37.82mg (9.45%), Iron: 0.96mg (5.34%), Copper: 0.1mg (4.79%), Vitamin D: 0.54µg (3.57%), Vitamin E: 0.51mg (3.4%), Folate: 11.91µg (2.98%), Manganese: 0.05mg (2.67%), Calcium: 16.54mg (1.65%), Vitamin K: 1.36µg (1.3%), Fiber: 0.3g (1.19%)