



WHATSheATE



HEALTH SCORE

70%

Apple Pork Chops and Stuffing



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



6

CALORIES



3194 kcal

SIDE DISH

Ingredients

- ☐ 21 ounce peach pie filling with cinnamon canned
- ☐ 0.3 cup butter
- ☐ 6 pork loin chops boneless ()
- ☐ 6 ounce pork stuffing mix
- ☐ 1 tablespoon vegetable oil
- ☐ 1.5 cups water

Equipment

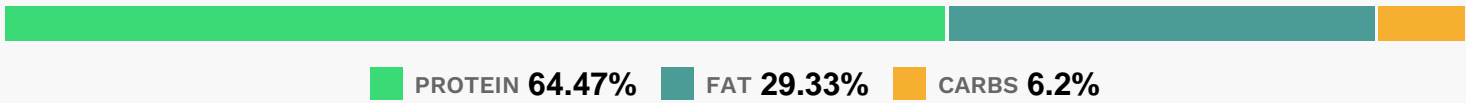
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- ☐ Heat vegetable oil in a large skillet over medium-high heat; brown pork chops in the hot oil, 3 to 4 minutes per side.
- ☐ Bring water and margarine to a boil in a saucepan; add stuffing mix and cover.
- ☐ Remove saucepan from heat and let stand 5 minutes to absorb water.
- ☐ Remove cover and fluff stuffing with a fork.
- ☐ Spread apple pie filling into the prepared baking dish; layer pork chops onto pie filling layer. Spoon stuffing over pork chops. Cover baking dish with aluminum foil.
- ☐ Bake in the preheated oven for 35 minutes.
- ☐ Remove aluminum foil and cook until pork is no longer pink in the center, about 10 more minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:60.479130444319%

Nutrients (% of daily need)

Calories: 3194.1kcal (159.7%), Fat: 100.06g (153.94%), Saturated Fat: 29.56g (184.74%), Carbohydrates: 47.58g (15.86%), Net Carbohydrates: 45.69g (16.61%), Sugar: 16.04g (17.82%), Cholesterol: 1383.13mg (461.04%), Sodium: 1612.65mg (70.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 494.76g (989.53%), Selenium: 621.92µg (888.46%), Vitamin B6: 16.63mg (831.6%), Vitamin B1: 9.91mg (660.38%), Vitamin B3: 127.77mg (638.87%), Phosphorus: 4987.84mg (498.78%), Zinc: 39.82mg (265.46%), Vitamin B2: 4.23mg (249.04%), Potassium:

8327.66mg (237.93%), Vitamin B12: 11.21µg (186.83%), Vitamin B5: 16.52mg (165.15%), Magnesium: 584.9mg (146.22%), Iron: 13.22mg (73.45%), Copper: 1.4mg (70.23%), Vitamin D: 8.78µg (58.53%), Vitamin E: 3.48mg (23.2%), Manganese: 0.35mg (17.44%), Calcium: 145.83mg (14.58%), Folate: 47.72µg (11.93%), Fiber: 1.9g (7.6%), Vitamin A: 362.71IU (7.25%), Vitamin K: 4.98µg (4.74%), Vitamin C: 1.71mg (2.07%)