



Apple Stuffed Pork Chops

READY IN



45 min.

SERVINGS



6

CALORIES



329 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups apples chopped
- 3 cups bread crumbs fresh
- 0.3 cup butter
- 0.3 cup celery chopped
- 2 teaspoons parsley fresh chopped
- 1 tablespoon onion chopped
- 7.5 inch pork chops thick
- 0.3 teaspoon salt
- 6 servings salt and pepper to taste

1 tablespoon vegetable oil

Equipment

frying pan

oven

baking pan

aluminum foil

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet saute onion in butter or margarine until tender.

Remove from heat.

Add the bread crumbs, apples, celery, parsley and salt.

Mix all together.

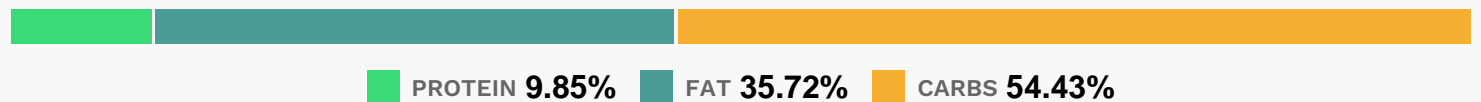
Cut a large pocket in the side of each pork chop; season inside and out with salt and pepper to taste. Spoon apple mixture loosely into pockets.

In skillet, heat oil to medium high and brown chops on both sides.

Place browned chops in an ungreased 9x13 inch baking dish. Cover with aluminum foil and bake in the preheated oven for 30 minutes.

Remove cover and bake for 30 minutes longer or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:1.58, Inflammation Score:-4, Nutrition Score:10.594347832643%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin:

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Nutrients (% of daily need)

Calories: 329.01kcal (16.45%), Fat: 13.1g (20.15%), Saturated Fat: 5.95g (37.18%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 41.38g (15.05%), Sugar: 7.81g (8.68%), Cholesterol: 22.46mg (7.49%), Sodium: 752.17mg (32.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.13g (16.26%), Vitamin B1: 0.55mg (36.84%), Manganese: 0.52mg (25.92%), Selenium: 14.78µg (21.11%), Vitamin B3: 3.89mg (19.47%), Folate: 61.2µg (15.3%), Iron: 2.69mg (14.96%), Vitamin B2: 0.24mg (14.14%), Fiber: 3.53g (14.11%), Calcium: 106.1mg (10.61%), Vitamin K: 11.1µg (10.57%), Phosphorus: 104.64mg (10.46%), Copper: 0.15mg (7.66%), Magnesium: 26.97mg (6.74%), Zinc: 0.87mg (5.78%), Vitamin A: 280.73IU (5.61%), Vitamin B6: 0.11mg (5.55%), Potassium: 178.16mg (5.09%), Vitamin B5: 0.37mg (3.7%), Vitamin B12: 0.22µg (3.7%), Vitamin E: 0.54mg (3.59%), Vitamin C: 2.21mg (2.68%)