



Apple-Stuffed Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black
- 2 teaspoons brown sugar
- 0.7 cup plums dried pitted chopped
- 14.5 ounce less-sodium chicken broth fat-free canned
- 3 tablespoons flour all-purpose
- 2 cups apples i use 2 granny smith apples diced peeled
- 0.3 cup pistachios chopped
- 6 ounce center-cut pork chops bone-in lean trimmed (3/)

- 5 tablespoons port sweet divided
- 1 teaspoon salt divided
- 2 tablespoons teaspoons thyme dried fresh chopped

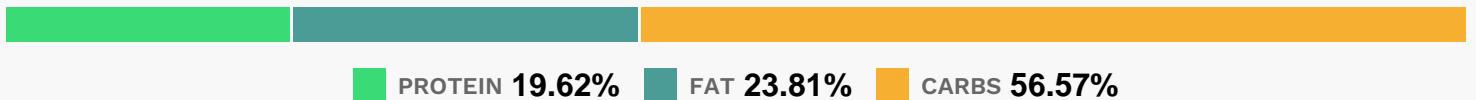
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine 2 tablespoons port, apple, and next 4 ingredients (apple through sugar), stirring well.
- Cut a horizontal slit through thickest portion of each pork chop to form a pocket. Stuff about 1/4 cup apple mixture into each pocket.
- Sprinkle pork evenly with 1/2 teaspoon salt and pepper.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat; add 4 pork chops. Cook 7 minutes on each side or until done.
- Remove pork from pan; keep warm. Repeat procedure with remaining pork.
- Combine 1/2 teaspoon salt and flour in a medium bowl, stirring with a whisk. Gradually add 3 tablespoons port and broth, stirring with a whisk.
- Add mixture to pan, scraping pan to loosen browned bits. Bring to a simmer over low heat; cook 5 minutes or until thick, stirring constantly.
- Serve sauce with pork.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:5.33, Inflammation Score:-9, Nutrition Score:6.7186956587045%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 1.3mg, Malvidin: 1.3mg, Malvidin: 1.3mg, Malvidin: 1.3mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg, Catechin: 1.21mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg, Epicatechin: 2.74mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 131.75kcal (6.59%), Fat: 3.48g (5.35%), Saturated Fat: 0.77g (4.81%), Carbohydrates: 18.59g (6.2%), Net Carbohydrates: 16.06g (5.84%), Sugar: 10.18g (11.31%), Cholesterol: 14.25mg (4.75%), Sodium: 512.58mg (22.29%), Alcohol: 0.99g (100%), Alcohol %: 0.91% (100%), Protein: 6.44g (12.89%), Vitamin B1: 0.22mg (14.34%), Vitamin B6: 0.28mg (14.14%), Selenium: 9.47µg (13.53%), Vitamin B3: 2.56mg (12.79%), Fiber: 2.53g (10.11%), Phosphorus: 93.27mg (9.33%), Manganese: 0.19mg (9.33%), Vitamin K: 9.57µg (9.11%), Potassium: 302.32mg (8.64%), Copper: 0.14mg (6.9%), Vitamin B2: 0.12mg (6.86%), Magnesium: 23.06mg (5.76%), Iron: 1mg (5.57%), Vitamin C: 4.54mg (5.5%), Vitamin A: 230.94IU (4.62%), Zinc: 0.57mg (3.78%), Vitamin B12: 0.22µg (3.59%), Vitamin B5: 0.34mg (3.42%), Calcium: 25.51mg (2.55%), Folate: 10.05µg (2.51%), Vitamin E: 0.24mg (1.58%)