



## BBQ Pork Chops & Stuffing

 Dairy Free

READY IN



25 min.

SERVINGS



25

CALORIES



105 kcal

SIDE DISH

### Ingredients

- 0.8 cup bull's-eye original barbecue sauce thick kraft
- 2.3 lb pork chops boneless bone-in
- 1 small bell pepper green sliced
- 2 Tbsp oil divided
- 1 small onion sliced
- 6 oz stove top stuffing mix for pork

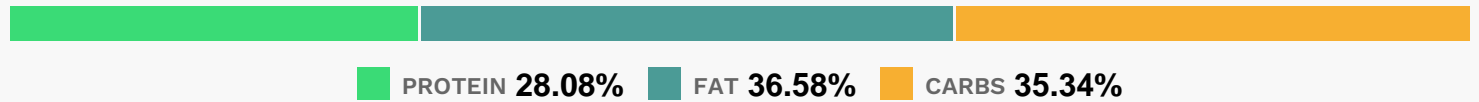
### Equipment

- frying pan

## Directions

- Cook onions and peppers in 1 Tbsp. of the oil in medium skillet on medium-high heat until crisp-tender.
- Remove from skillet; set aside.
- Add remaining 1 Tbsp. oil and chops to skillet. Cook 8 to 10 minutes or until chops are cooked through, turning over after 5 minutes. Meanwhile, prepare stuffing as directed on package.
- Spoon onion mixture over chops; top with barbecue sauce. Cover with lid. Reduce heat to low; cook until sauce is heated through.
- Serve with stuffing.

## Nutrition Facts



## Properties

Glycemic Index:1.48, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:4.7721738970798%

## Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 104.68kcal (5.23%), Fat: 4.18g (6.43%), Saturated Fat: 1.06g (6.64%), Carbohydrates: 9.08g (3.03%), Net Carbohydrates: 8.69g (3.16%), Sugar: 3.6g (4%), Cholesterol: 21.19mg (7.06%), Sodium: 201.01mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.22g (14.43%), Selenium: 13.74µg (19.63%), Vitamin B1: 0.19mg (12.93%), Vitamin B3: 2.49mg (12.44%), Vitamin B6: 0.24mg (12.01%), Phosphorus: 76.7mg (7.67%), Vitamin B2: 0.09mg (5.4%), Potassium: 150.93mg (4.31%), Zinc: 0.63mg (4.19%), Vitamin C: 2.64mg (3.2%), Folate: 12.43µg (3.11%), Manganese: 0.06mg (3.03%), Magnesium: 12.07mg (3.02%), Iron: 0.52mg (2.91%), Vitamin B12: 0.16µg (2.73%), Vitamin B5: 0.26mg (2.63%), Vitamin E: 0.34mg (2.26%), Copper: 0.04mg (2.24%), Calcium: 16.19mg (1.62%), Fiber: 0.39g (1.57%), Vitamin K: 1.26µg (1.2%), Vitamin D: 0.15µg (1.02%)