



Blue Cheese Pork Chops with Apples

READY IN



90 min.

SERVINGS



4

CALORIES



784 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup walnut pieces toasted chopped
- ☐ 0.5 cup butter softened
- ☐ 2 oz cheese blue crumbled
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 cup panko bread crumbs crispy
- ☐ 3 gala apple cut into 8 wedges
- ☐ 1 tablespoon butter
- ☐ 2 lb pork loin chops bone-in
- ☐ 2 teaspoons balsamic reduction

☐ 1 leaves sage fresh

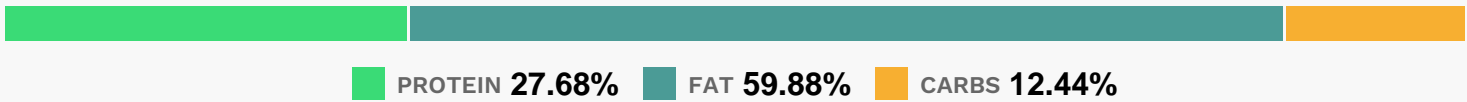
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ plastic wrap

Directions

- ☐ In food processor, place walnuts. Cover; process, using quick on-and-off motions, until consistency of coarse meal.
- ☐ Add 1/2 cup butter, the blue cheese and pepper; process until combined.
- ☐ Add bread crumbs; process until combined, stopping to scrape down sides as needed. Divide butter mixture evenly among 4 sheets of plastic wrap or waxed paper; flatten each to match width and shape of pork chops, forming 4 disks. Wrap tightly; freeze at least 20 minutes.
- ☐ Heat oven to 450°F. In 15x10x1-inch pan, arrange apple wedges.
- ☐ Bake 30 to 35 minutes or just until tender. In large bowl, toss apples with 1 tablespoon butter; cover to keep warm.
- ☐ Spray 12-inch cast-iron or other ovenproof skillet with cooking spray; heat over medium-high heat.
- ☐ Add pork chops; cook 6 to 8 minutes, turning once, until browned.
- ☐ Remove from heat; top each chop with 1 butter disk. Set oven control to broil. Broil chops in skillet 3 to 4 inches from heat 2 to 3 minutes or until butter begins to bubble and turns golden brown.
- ☐ Place chops on serving plates. Spoon apples evenly over chops; drizzle with balsamic glaze and garnish with chopped fresh sage leaves.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:5.23, Inflammation Score:-7, Nutrition Score:32.208260992299%

Flavonoids

Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg, Cyanidin: 2.41mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg, Epicatechin: 10.28mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 784.19kcal (39.21%), Fat: 52.43g (80.66%), Saturated Fat: 24.06g (150.37%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 20.36g (7.4%), Sugar: 15.26g (16.96%), Cholesterol: 223.59mg (74.53%), Sodium: 516.36mg (22.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.53g (109.06%), Selenium: 78.84µg (112.63%), Vitamin B1: 1.61mg (107.43%), Vitamin B3: 18.76mg (93.79%), Vitamin B6: 1.78mg (89.22%), Phosphorus: 630.17mg (63.02%), Vitamin B2: 0.55mg (32.36%), Potassium: 1088.62mg (31.1%), Zinc: 4.33mg (28.87%), Vitamin B12: 1.44µg (24%), Manganese: 0.45mg (22.46%), Magnesium: 86.97mg (21.74%), Vitamin B5: 2.09mg (20.89%), Vitamin A: 1027.86IU (20.56%), Copper: 0.37mg (18.33%), Fiber: 4.13g (16.52%), Calcium: 123.81mg (12.38%), Iron: 1.83mg (10.14%), Vitamin E: 1.42mg (9.44%), Vitamin C: 6.41mg (7.77%), Vitamin D: 0.98µg (6.52%), Folate: 23.67µg (5.92%), Vitamin K: 6.04µg (5.76%)