



Blue Cheese-Stuffed Pork Chops with Pears

 Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 ounces cheese blue crumbled
- ☐ 1.5 teaspoons butter
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1.5 teaspoons olive oil
- ☐ 1 pears cored ripe cut into 16 wedges
- ☐ 16 ounce center-cut loin pork chops boneless trimmed

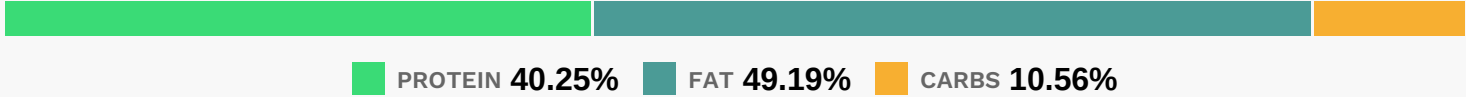
Equipment

☐ frying pan

Directions

- ☐ Cut a horizontal slit through thickest portion of each pork chop to form a pocket. Stuff 2 tablespoons crumbled blue cheese into each pocket.
- ☐ Sprinkle 1/4 teaspoon salt and 1/4 teaspoon pepper evenly over both sides of pork.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add olive oil to pan; swirl to coat.
- ☐ Add pork to pan; saut for 3 minutes on each side or until desired degree of doneness.
- ☐ Remove pork from pan, and let stand for 5 minutes.
- ☐ Melt butter in pan; swirl to coat.
- ☐ Add pear; sprinkle with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Saut 4 minutes or until lightly browned, stirring occasionally.
- ☐ Serve with pork.

Nutrition Facts



Properties

Glycemic Index:36.44, Glycemic Load:2.1, Inflammation Score:-3, Nutrition Score:15.34478263233%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 278.5kcal (13.93%), Fat: 15.03g (23.12%), Saturated Fat: 6.61g (41.33%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 5.81g (2.11%), Sugar: 4.41g (4.9%), Cholesterol: 90.64mg (30.21%), Sodium: 520.71mg (22.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.67g (55.35%), Selenium: 39.67µg (56.67%), Vitamin B1:

0.77mg (51.08%), Vitamin B3: 9.28mg (46.39%), Vitamin B6: 0.86mg (43.02%), Phosphorus: 317.32mg (31.73%), Vitamin B2: 0.28mg (16.27%), Potassium: 514.73mg (14.71%), Zinc: 2.18mg (14.56%), Vitamin B12: 0.78µg (12.95%), Vitamin B5: 1.1mg (10.97%), Magnesium: 36.33mg (9.08%), Calcium: 88.54mg (8.85%), Fiber: 1.44g (5.77%), Copper: 0.11mg (5.46%), Iron: 0.73mg (4.04%), Vitamin K: 3.74µg (3.56%), Vitamin D: 0.52µg (3.5%), Vitamin A: 172.04IU (3.44%), Vitamin E: 0.5mg (3.32%), Manganese: 0.06mg (3.16%), Vitamin C: 1.91mg (2.32%), Folate: 8.32µg (2.08%)