



Brown Sugar Glazed Pork Chops

READY IN



45 min.

SERVINGS



6

CALORIES



807 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 slices day-old bread
- 1 cup brown sugar packed
- 0.5 cup butter melted
- 0.5 cup celery chopped
- 14 ounce chicken broth canned
- 0.5 cup onion chopped
- 6 pork chops
- 0.5 tablespoon penzey's southwest seasoning greek-style

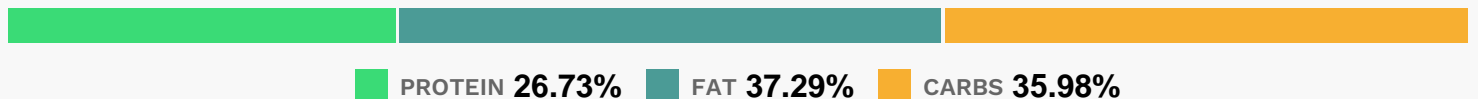
Equipment

- bowl
- frying pan
- oven
- baking pan

Directions

- In a small skillet melt 1/2 tablespoon butter or margarine.
- Add onion and celery and saute until translucent.
- Add saute mixture to a large bowl with bread, Greek seasoning and broth.
- Mix to coat bread evenly, not too soggy.
- Preheat oven to 350 degrees F (175 degrees C).
- Spread bread mixture/stuffing in the bottom of a lightly greased 9x13 inch baking dish. Top with pork chops; if desired, sprinkle chops with additional Greek seasoning. In a medium bowl combine the brown sugar and melted butter or margarine and mix together.
- Brush mixture over the tops of the pork chops and drizzle over chops and stuffing, allowing some to seep into the stuffing.
- Bake in the preheated oven for about 30 minutes or until internal temperature of the pork has reached 145 degrees F (63 degrees C). Baking time will vary slightly depending on thickness of chops. If desired, baste with additional butter/sugar mixture while baking.
- Serve by dishing chops out of the baking dish, including stuffing. Enjoy!

Nutrition Facts



Properties

Glycemic Index:28.78, Glycemic Load:18.2, Inflammation Score:-7, Nutrition Score:30.291739121727%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 806.62kcal (40.33%), Fat: 33.25g (51.15%), Saturated Fat: 15.01g (93.82%), Carbohydrates: 72.17g (24.06%), Net Carbohydrates: 68.49g (24.9%), Sugar: 40.32g (44.8%), Cholesterol: 163.53mg (54.51%), Sodium: 853.73mg (37.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.62g (107.25%), Selenium: 77.47µg (110.67%), Vitamin B3: 16.35mg (81.76%), Vitamin B1: 1.19mg (79.5%), Vitamin B6: 1.23mg (61.35%), Phosphorus: 508.06mg (50.81%), Manganese: 0.95mg (47.73%), Zinc: 4.55mg (30.36%), Vitamin B2: 0.51mg (30.1%), Iron: 4.81mg (26.74%), Vitamin B12: 1.4µg (23.4%), Potassium: 809.91mg (23.14%), Magnesium: 85.37mg (21.34%), Folate: 70.24µg (17.56%), Calcium: 167.23mg (16.72%), Vitamin B5: 1.67mg (16.66%), Vitamin K: 16.46µg (15.67%), Fiber: 3.68g (14.74%), Vitamin A: 655.59IU (13.11%), Copper: 0.24mg (12.24%), Vitamin E: 1.21mg (8.05%), Vitamin D: 0.6µg (4.01%), Vitamin C: 1.42mg (1.72%)