



## Cheese-Stuffed Pork Chops

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 24 ounces pork chops thick-cut bone-in
- 19 ounce .5 can cannellini beans drained and rinsed canned
- 0.5 medium head endive
- 4 sage leaves fresh chopped
- 2 cloves garlic
- 4 servings kosher salt
- 4 tablespoons olive oil extra-virgin plus more for brushing
- 4 servings pepper freshly ground

- 2 ounces provolone cheese
- 0.3 cup sugar

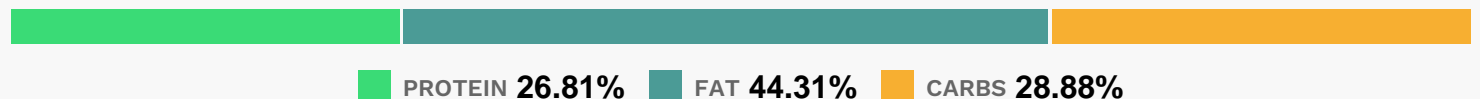
## Equipment

- bowl
- frying pan
- knife

## Directions

- Dissolve 1/4 cup salt and the sugar in 3 cups warm water in a large bowl. Insert a paring knife into the curved side of each pork chop to make a deep pocket, about 2 inches wide. Soak the chops in the brine, about 5 minutes. Meanwhile, finely chop the escarole and garlic. Toss with 2 tablespoons olive oil, and salt and pepper to taste.
- Remove the chops from the brine and pat dry. Fold each cheese slice and tuck into the pocket of a pork chop, then stuff with the escarole mixture.
- Brush the pork with olive oil, sprinkle with the sage and season with salt and pepper.
- Heat the remaining 2 tablespoons olive oil in a large skillet over medium-high heat. Sear the pork in batches, turning once, until golden brown, 3 to 4 minutes.
- Transfer to a plate.
- Add the beans and 1/3 cup water to the skillet, scraping up any browned bits; season with salt and pepper. Return the pork to the skillet, cover and cook over medium heat until no longer pink, 5 to 7 more minutes.
- Serve the pork with the beans.
- Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:58.77, Glycemic Load:15.87, Inflammation Score:-9, Nutrition Score:34.155652398648%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg, Kaempferol: 5.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 604.13kcal (30.21%), Fat: 29.85g (45.92%), Saturated Fat: 8.31g (51.92%), Carbohydrates: 43.75g (14.58%), Net Carbohydrates: 35.49g (12.9%), Sugar: 13.1g (14.56%), Cholesterol: 97.81mg (32.6%), Sodium: 386.8mg (16.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.64g (81.27%), Vitamin K: 142.77µg (135.97%), Selenium: 47.74µg (68.19%), Vitamin B1: 0.8mg (53.26%), Vitamin B6: 1.03mg (51.53%), Manganese: 0.98mg (49.15%), Phosphorus: 477.69mg (47.77%), Vitamin B3: 8.85mg (44.27%), Folate: 168.88µg (42.22%), Potassium: 1253.07mg (35.8%), Fiber: 8.27g (33.07%), Zinc: 4.69mg (31.26%), Iron: 5.5mg (30.54%), Copper: 0.58mg (29.1%), Magnesium: 113.6mg (28.4%), Vitamin A: 1352.01IU (27.04%), Calcium: 262.76mg (26.28%), Vitamin E: 3.52mg (23.43%), Vitamin B2: 0.38mg (22.52%), Vitamin B5: 1.73mg (17.31%), Vitamin B12: 0.88µg (14.72%), Vitamin C: 4.12mg (5%), Vitamin D: 0.71µg (4.72%)