



Cheesy Vegetable-Stuffed Pork Chops

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 0.5 cup celery stalks chopped
- 0.5 cup onion chopped
- 0.5 cup carrots shredded
- 0.5 cup bell pepper green chopped
- 4 ounces sharp cheddar cheese shredded
- 1.5 teaspoons thyme sprigs dried fresh chopped
- 0.3 teaspoon salt

- 0.1 teaspoon pepper
- 4 pounds lamb rib chops thick
- 2 tablespoons vegetable oil
- 0.5 teaspoon salt
- 0.3 teaspoon pepper

Equipment

- frying pan
- oven
- baking pan
- toothpicks

Directions

- Heat oven to 350°F.
- Melt butter in 12-inch skillet over medium heat. Cook celery, onion, carrot and bell pepper about 5 minutes, stirring occasionally, until vegetables are tender; remove from heat. Stir in cheese, thyme, 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Cut a deep pocket horizontally in each pork chop on the meatiest side of the bone. Fill pockets with vegetable mixture. Secure openings with toothpicks.
- Heat oil in same skillet over medium heat. Cook pork in oil about 5 minutes, turning once, until light brown.
- Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper.
- Place in ungreased rectangular baking dish, 13x9x2 inches.
- Cover tightly and bake 30 minutes. Uncover and bake about 30 minutes longer or until pork is slightly pink when cut near bone on the unstuffed sides of chops.

Nutrition Facts



Properties

Glycemic Index:41.97, Glycemic Load:0.85, Inflammation Score:-9, Nutrition Score:34.031304006991%

Flavonoids

Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg, Luteolin: 0.91mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

Nutrients (% of daily need)

Calories: 675.97kcal (33.8%), Fat: 42.71g (65.71%), Saturated Fat: 15.1g (94.39%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.54g (1.72%), Cholesterol: 218.48mg (72.83%), Sodium: 691.09mg (30.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 65.32g (130.63%), Vitamin B12: 7.4µg (123.37%), Selenium: 72.9µg (104.14%), Vitamin B3: 18.04mg (90.2%), Zinc: 12.27mg (81.81%), Phosphorus: 647.8mg (64.78%), Vitamin A: 2246.71IU (44.93%), Vitamin B2: 0.71mg (41.79%), Iron: 5.3mg (29.46%), Vitamin B6: 0.56mg (28.21%), Potassium: 919.84mg (26.28%), Vitamin B1: 0.39mg (26.08%), Magnesium: 86.64mg (21.66%), Vitamin B5: 2.13mg (21.3%), Folate: 76.6µg (19.15%), Calcium: 185.26mg (18.53%), Copper: 0.37mg (18.38%), Vitamin C: 12.67mg (15.36%), Vitamin K: 13.84µg (13.18%), Vitamin E: 1.37mg (9.17%), Manganese: 0.16mg (7.8%), Fiber: 0.97g (3.89%)