



## Cheesy Vegetable-Stuffed Pork Chops

 Gluten Free

READY IN



95 min.

SERVINGS



6

CALORIES



634 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 0.5 cup carrots shredded
- 0.5 cup celery stalks chopped
- 1.5 teaspoons thyme sprigs dried fresh chopped
- 0.5 cup bell pepper green chopped
- 0.5 cup onion chopped
- 0.1 teaspoon pepper
- 0.3 teaspoon pepper

- 4 pounds pork chops thick
- 0.3 teaspoon salt
- 0.5 teaspoon salt
- 4 ounces sharp cheddar cheese shredded
- 2 tablespoons vegetable oil

## Equipment

- frying pan
- oven
- baking pan
- toothpicks

## Directions

- Heat oven to 350F.
- 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:35.023043497749%

## 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: 633.64kcal (31.68%), Fat: 35.79g (55.06%), Saturated Fat: 12.53g (78.32%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.54g (1.72%), Cholesterol: 221.5mg (73.83%), Sodium: 618.51mg (26.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.06g (140.13%), Selenium: 105.56µg (150.8%), Vitamin B1: 2.05mg (136.35%), Vitamin B3: 24.38mg (121.92%), Vitamin B6: 2.28mg (113.79%), Phosphorus: 783.88mg (78.39%), Vitamin A: 2258.81IU (45.18%), Vitamin B2: 0.67mg (39.13%), Zinc: 5.47mg (36.45%), Potassium: 1246.42mg (35.61%), Vitamin B12: 1.81µg (30.13%), Vitamin B5: 2.36mg (23.63%), Magnesium: 89.67mg (22.42%), Calcium: 170.14mg (17.01%), Vitamin C: 12.67mg (15.36%), Vitamin K: 13.84µg (13.18%), Copper: 0.2mg (10.07%), Iron: 1.76mg (9.8%), Vitamin D: 1.32µg (8.82%), Vitamin E: 1.19mg (7.96%), Manganese: 0.1mg (5.23%), Fiber: 0.97g (3.89%), Folate: 13.09µg (3.27%)