



## Chuletas Rellenas de Manzana (Pork Chops Stuffed with Apples)

READY IN



45 min.

SERVINGS



4

CALORIES



394 kcal

SIDE DISH

### Ingredients

- ☐ 4 apples
- ☐ 0.3 cup bread crumbs
- ☐ 2 tablespoons butter
- ☐ 2 garlic cloves
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup onions chopped
- ☐ 4 pork loin chops bone-in thick
- ☐ 0.3 cup bell pepper red chopped

☐ 4 servings salt and pepper

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Preheat an oven to 400°F. Take two apples, peel, core and dice. Set aside the other two for use later. In a medium sauce pan over medium heat, warm the butter.
- ☐ Add the onions and cook, stirring occasionally, until softened, about 2 minutes.
- ☐ Add the red bell pepper, garlic and cumin and cook, stirring frequently for 1 minute.
- ☐ Add the apples and cook about 2 minutes.
- ☐ Transfer the mixture to a large bowl and fold bread crumbs. Season with salt and pepper.
- ☐ Let the stuffing cool for 10 minutes. Meanwhile, season the pork chops on both sides with salt and pepper. Insert a sharp paring knife into the side of a chop opposite from the bone, making a long slit along the curve all the way to the bone. Wiggle the knife to form a large pocket. Repeat with the remaining chops. Stuff each chop with stuffing, using your fingers to help pack it into the pocket.
- ☐ Cut the other two apples in half.
- ☐ Place the chops on a baking sheet and top each pork chop with half an apple, place in the oven and roast until an instant-read thermometer inserted into the stuffing registers 160°F, about 20 minutes. Transfer the chops to a platter, cover loosely with aluminum foil and let rest for 5 minutes.
- ☐ Serve with your favorite side dish.

## Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:7.35, Inflammation Score:-7, Nutrition Score:21.582608399184%

Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg, Quercetin: 11.41mg

Nutrients (% of daily need)

Calories: 393.59kcal (19.68%), Fat: 15.76g (24.25%), Saturated Fat: 7.03g (43.96%), Carbohydrates: 33.2g (11.07%), Net Carbohydrates: 27.87g (10.14%), Sugar: 20.74g (23.05%), Cholesterol: 104.83mg (34.94%), Sodium: 356.32mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.79g (61.59%), Vitamin B1: 1.01mg (67.39%), Selenium: 46.46µg (66.38%), Vitamin B3: 11.49mg (57.43%), Vitamin B6: 1.14mg (56.78%), Phosphorus: 348.25mg (34.82%), Vitamin C: 26.23mg (31.8%), Potassium: 775.39mg (22.15%), Fiber: 5.33g (21.32%), Vitamin B2: 0.34mg (20.19%), Zinc: 2.35mg (15.66%), Vitamin A: 671.05IU (13.42%), Magnesium: 51.77mg (12.94%), Vitamin B12: 0.75µg (12.43%), Vitamin B5: 1.2mg (12.03%), Manganese: 0.21mg (10.44%), Iron: 1.5mg (8.36%), Copper: 0.16mg (7.91%), Vitamin E: 0.88mg (5.86%), Folate: 22.47µg (5.62%), Vitamin K: 5.67µg (5.4%), Calcium: 44.96mg (4.5%), Vitamin D: 0.54µg (3.57%)