



Corn Bread- and Bacon-Stuffed Pork Chops

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



1186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 lb lamb loin chops bone-in thick
- 4 slices bacon cut into 1/2-inch pieces
- 0.5 cup onion chopped
- 0.5 cup bell pepper green chopped
- 1 cup oatmeal cornflakes
- 0.5 cup water
- 2 oz cheddar cheese shredded
- 0.5 teaspoon lawry's seasoned salt

0.5 teaspoon marjoram dried

0.3 teaspoon pepper

Equipment

frying pan

oven

Directions

Heat oven to 350°F. Make a pocket in each pork chop by cutting into side of chop toward the bone.

In 12-inch skillet, cook bacon over medium heat, stirring occasionally, until crisp. Stir in onion and bell pepper. Cook 2 to 3 minutes, stirring occasionally, until vegetables are crisp-tender; remove from heat.

Drain. Stir in stuffing crumbs and water until well mixed. Stir in cheese.

Sprinkle both sides of pork chops with seasoned salt, marjoram and pepper. Fill pockets with about 1/3 cup stuffing. In same skillet, cook pork over medium heat, turning once, until brown.

Place pork chops in 13x9-inch pan. Cover tightly; bake 45 minutes. Uncover; bake about 15 minutes longer or until pork is slightly pink when cut near bone.

Nutrition Facts

 **PROTEIN 19.26%** **FAT 68.68%** **CARBS 12.06%**

Properties

Glycemic Index:16, Glycemic Load:0.38, Inflammation Score:-8, Nutrition Score:39.903043721033%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 1185.96kcal (59.3%), Fat: 89.76g (138.09%), Saturated Fat: 39.39g (246.16%), Carbohydrates: 35.46g (11.82%), Net Carbohydrates: 33.7g (12.25%), Sugar: 4.64g (5.16%), Cholesterol: 242.9mg (80.97%), Sodium: 811.4mg (35.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.62g (113.25%), Vitamin B12: 8.31µg (138.57%),

Vitamin B3: 27.29mg (136.47%), Selenium: 66.12µg (94.46%), Iron: 16.43mg (91.26%), Vitamin B2: 1.3mg (76.19%),
Vitamin B1: 0.92mg (61.17%), Vitamin B6: 1.19mg (59.43%), Zinc: 8.61mg (57.38%), Phosphorus: 570.77mg (57.08%),
Folate: 197.97µg (49.49%), Vitamin C: 19.25mg (23.34%), Potassium: 792.16mg (22.63%), Magnesium: 86.14mg
(21.54%), Vitamin B5: 2.15mg (21.46%), Copper: 0.42mg (21.14%), Vitamin A: 851.69IU (17.03%), Calcium: 120.43mg
(12.04%), Vitamin D: 1.53µg (10.23%), Manganese: 0.17mg (8.36%), Fiber: 1.76g (7.05%), Vitamin E: 0.78mg (5.17%),
Vitamin K: 1.39µg (1.32%)