



Cornbread-Stuffed Pork Chops

READY IN



45 min.

SERVINGS



6

CALORIES



753 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 1 cup mushrooms fresh chopped
- 1 cup cornbread (from 16-oz bag)
- 3 tablespoons chicken broth
- 4 oz cheddar cheese shredded white
- 3 teaspoons sage fresh chopped
- 4 lb pork loin chops bone-in trimmed of fat
- 0.3 teaspoon salt
- 0.3 teaspoon pepper freshly ground

- 1 tablespoon olive oil

Equipment

- frying pan
- oven
- toothpicks
- kitchen thermometer
- broiler pan

Directions

- Heat oven to 350°F. In 12-inch nonstick skillet, melt 1 tablespoon of the butter over medium-high heat. Cook mushrooms in butter 2 to 3 minutes or until tender.
- Remove from heat.
- Add stuffing and broth; stir until liquid is absorbed. Stir in cheese and 2 teaspoons of the sage.
- Make a pocket in each pork chop by cutting into side of chop toward the bone. Spoon stuffing mixture into each pocket; secure opening with toothpicks.
- Sprinkle pork with salt, pepper and remaining 1 teaspoon sage.
- In same skillet, melt remaining 2 tablespoons butter over medium-high heat.
- Add 3 pork chops; cook 4 minutes, turning once, until browned. Spray broiler pan rack with cooking spray.
- Place pork on rack in pan. Repeat with remaining pork chops.
- Brush chops with oil.
- Bake 20 minutes or until meat thermometer inserted in center of meaty portion reads 145°F.
- Let stand 3 minutes.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:38.609130453804%

Nutrients (% of daily need)

Calories: 752.54kcal (37.63%), Fat: 39.28g (60.43%), Saturated Fat: 14.04g (87.73%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 21.63g (7.87%), Sugar: 6.72g (7.47%), Cholesterol: 244.13mg (81.38%), Sodium: 696.59mg (30.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 72.82g (145.65%), Copper: 3.29mg (164.44%), Selenium: 110.39µg (157.71%), Vitamin B1: 2.12mg (141.04%), Vitamin B3: 25.55mg (127.75%), Vitamin B6: 2.26mg (112.97%), Phosphorus: 940.32mg (94.03%), Vitamin B2: 0.78mg (46.15%), Zinc: 5.75mg (38.36%), Potassium: 1255.51mg (35.87%), Vitamin B12: 1.91µg (31.81%), Vitamin B5: 2.75mg (27.52%), Magnesium: 94mg (23.5%), Calcium: 217.91mg (21.79%), Iron: 2.49mg (13.84%), Manganese: 0.23mg (11.6%), Vitamin A: 517.92IU (10.36%), Vitamin D: 1.36µg (9.03%), Vitamin E: 1.29mg (8.63%), Folate: 28.46µg (7.12%), Fiber: 1.16g (4.64%), Vitamin K: 3.45µg (3.29%)