



Couscous-Stuffed Pork Chops

 Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



3254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons butter divided
- 0.5 cup currants
- 0.8 cup couscous dry
- 2 cloves garlic minced
- 0.1 teaspoon ground cinnamon
- 1.5 cups chicken broth divided reduced-sodium
- 1 small onion finely chopped
- 0.5 cup orange marmalade

- 0.5 cup pinenuts
- 6 pork loin boneless
- 6 servings pepper black freshly ground

Equipment

- frying pan
- sauce pan
- oven
- baking pan
- toothpicks
- roasting pan

Directions

- Combine 1 1/4 cups chicken broth and 2 tablespoons butter in a saucepan. (Set aside remaining chicken broth.) Bring to a boil over medium heat. Stir in couscous, cover, and remove from heat.
- Let stand until liquid is absorbed, about 10 minutes. Fluff couscous with a fork.
- In a frying pan over medium heat, melt the remaining 3 tablespoons butter. Cook onion and garlic in butter until tender, about 5 minutes.
- Remove pan from heat, and stir in currants, pine nuts, cooked couscous, and cinnamon. Season to taste with salt and pepper. Toss the mixture with as much of the reserved chicken stock as needed to hold together slightly.
- Preheat the oven to 350 degrees F (180 degrees C). Lightly oil a roasting pan or large baking dish.
- Reserve about 1/3 cup stuffing to sprinkle over the chops. Stuff each chop generously with stuffing, and insert toothpicks to keep the chops closed.
- Place the pork chops in an oiled roasting pan just large enough to hold them comfortably, and coat each generously with the marmalade.
- Sprinkle with the reserved stuffing, and press stuffing lightly into the marmalade so that it will stick to the chops.

Bake in the preheated oven until the chops are browned on the outside, but just slightly pink in the center, about 40 to 45 minutes.

Transfer the pork chops to warmed individual plates, remove the toothpicks, and serve hot.

Nutrition Facts

PROTEIN 63.37% **FAT 30.6%** **CARBS 6.03%**

Properties

Glycemic Index:39, Glycemic Load:12.71, Inflammation Score:-9, Nutrition Score:63.273913269458%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 3254.42kcal (162.72%), Fat: 106.81g (164.33%), Saturated Fat: 34.09g (213.06%), Carbohydrates: 47.37g (15.79%), Net Carbohydrates: 44.89g (16.32%), Sugar: 24.47g (27.19%), Cholesterol: 1407.93mg (469.31%), Sodium: 1191.41mg (51.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 497.74g (995.47%), Selenium: 608.66µg (869.52%), Vitamin B6: 16.68mg (834.01%), Vitamin B1: 9.83mg (655.24%), Vitamin B3: 128.4mg (641.98%), Phosphorus: 5078.75mg (507.87%), Zinc: 40.57mg (270.49%), Vitamin B2: 4.2mg (246.88%), Potassium: 8491.56mg (242.62%), Vitamin B12: 11.27µg (187.89%), Vitamin B5: 16.7mg (167.01%), Magnesium: 615.74mg (153.94%), Copper: 1.57mg (78.69%), Iron: 13.16mg (73.08%), Manganese: 1.43mg (71.3%), Vitamin D: 8.78µg (58.53%), Vitamin E: 4.21mg (28.05%), Calcium: 147.95mg (14.79%), Fiber: 2.48g (9.92%), Vitamin K: 7.52µg (7.16%), Vitamin A: 321.1IU (6.42%), Vitamin C: 3.11mg (3.77%), Folate: 14.37µg (3.59%)