



Cranberry and Apple Stuffed Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



105 min.

SERVINGS



2

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 cup cranberries dried
- 1 large apples i use 2 granny smith apples diced cored peeled
- 1 tablespoon olive oil
- 0.5 onion chopped
- 12 ounce pork chops boneless
- 2 servings salt and pepper to taste

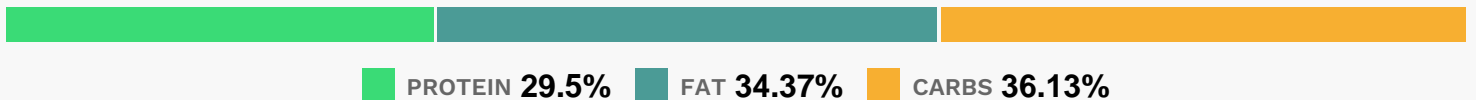
Equipment

- frying pan
- oven
- knife
- baking pan
- toothpicks
- aluminum foil

Directions

- Heat 1 tablespoon olive oil in a skillet over medium heat. Stir in the onion and apple; cook and stir for 5 minutes. Stir in the cranberries and balsamic vinegar, and continue cooking until the apple and onions have softened, about 5 minutes more. Season to taste with salt and pepper, then scrape the mixture onto a plate, and refrigerate until cold.
- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a small baking dish.
- Cut a large pocket into the pork chops using a sharp, thin bladed knife. Stuff the cooled apple mixture into the pork chops, and secure with toothpicks if needed.
- Heat the remaining 1 tablespoon olive oil in a large skillet over medium-high heat. Season the pork chops with salt and pepper to taste, and place into the hot skillet. Cook on each side until browned, about 3 minutes, then transfer to a baking dish. Top with the remaining apple mixture, and cover the baking dish with aluminum foil.
- Bake in preheated oven until the pork is no longer pink in the center, about 40 minutes depending on the thickness of the pork chops. Uncover, and bake about 10 minutes longer until the apple mixture has browned around the edges.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:6, Inflammation Score:-4, Nutrition Score:22.956521827242%

Flavonoids

Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg, Cyanidin: 1.93mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg,

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Nutrients (% of daily need)

Calories: 501.92kcal (25.1%), Fat: 19.35g (29.77%), Saturated Fat: 5.2g (32.52%), Carbohydrates: 45.77g (15.26%), Net Carbohydrates: 41.02g (14.92%), Sugar: 37.15g (41.28%), Cholesterol: 113.97mg (37.99%), Sodium: 282.99mg (12.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.38g (74.76%), Selenium: 56.62µg (80.89%), Vitamin B1: 1.17mg (78.01%), Vitamin B3: 13.89mg (69.43%), Vitamin B6: 1.33mg (66.26%), Phosphorus: 410.12mg (41.01%), Potassium: 826.8mg (23.62%), Vitamin B2: 0.36mg (21.15%), Fiber: 4.75g (19%), Zinc: 2.77mg (18.48%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.4mg (14.04%), Magnesium: 55.69mg (13.92%), Vitamin E: 2.07mg (13.81%), Manganese: 0.19mg (9.41%), Vitamin C: 7.22mg (8.76%), Vitamin K: 9.08µg (8.65%), Copper: 0.16mg (7.97%), Iron: 1.32mg (7.31%), Vitamin D: 0.68µg (4.54%), Calcium: 32.16mg (3.22%), Folate: 8.57µg (2.14%), Vitamin A: 67.56IU (1.35%)