



Crazy Good Stuffing and Baked Chops

READY IN



75 min.

SERVINGS



6

CALORIES



616 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter
- ☐ 10.8 ounce cream of mushroom soup canned
- ☐ 0.3 cup cooking sherry dry to taste
- ☐ 0.5 pound mushrooms fresh sliced to taste
- ☐ 10.8 ounce milk canned
- ☐ 1 onion chopped
- ☐ 6 pork chops boneless
- ☐ 14 ounce bread stuffing mix dry
- ☐ 0.5 cup water

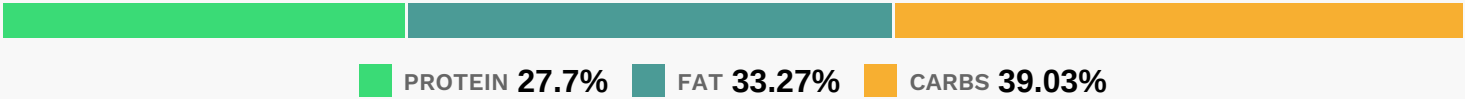
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- ☐ In a large saucepan over medium-low heat, cook and stir the mushrooms and onion until the mushrooms are soft and have given up their liquid, about 5 minutes. Stir in the sherry, bring to a boil, and simmer until the onions are tender, 2 to 3 more minutes.
- ☐ Sprinkle flour over the mixture, and cook, stirring constantly until thick. Gradually mix in 2/3 cup milk to make a creamy gravy, stirring constantly to avoid burning.
- ☐ Mix in 1 can of cream of mushroom soup and the dry stuffing, bring to a simmer, and cook until the stuffing mix is moist, about 5 minutes.
- ☐ Melt butter over medium heat in a large skillet until no longer foamy, and pan-fry the chops until browned but not cooked through, about 5 minutes per side.
- ☐ Transfer the chops to the prepared baking dish. Stir water into the skillet, bring to a boil, and scrape and dissolve any flavor bits left in the skillet.
- ☐ Let the mixture boil until reduced by half, about 10 minutes.
- ☐ Pour the skillet drippings into the stuffing mix, and mix thoroughly.
- ☐ Scoop up generous amounts of stuffing and mound on each chop.
- ☐ Whisk together 1 can of cream of mushroom soup with 1/2 soup can of milk, and pour the soup mixture over each chop to cover.
- ☐ Bake in the preheated oven until chops are tender and cooked through, about 20 minutes. An instant-read thermometer inserted into the center of a chop should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:1.59, Inflammation Score:-7, Nutrition Score:30.249130658481%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 616.16kcal (30.81%), Fat: 22.21g (34.17%), Saturated Fat: 10.28g (64.28%), Carbohydrates: 58.63g (19.54%), Net Carbohydrates: 55.72g (20.26%), Sugar: 9.54g (10.6%), Cholesterol: 119.41mg (39.8%), Sodium: 1438.06mg (62.52%), Alcohol: 1.03g (100%), Alcohol %: 0.33% (100%), Protein: 41.61g (83.23%), Selenium: 80.78µg (115.4%), Vitamin B1: 1.37mg (91.11%), Vitamin B3: 16.43mg (82.15%), Vitamin B6: 1.19mg (59.56%), Phosphorus: 504.03mg (50.4%), Vitamin B2: 0.78mg (45.73%), Folate: 124.98µg (31.24%), Manganese: 0.61mg (30.49%), Potassium: 959.07mg (27.4%), Zinc: 3.71mg (24.73%), Copper: 0.47mg (23.27%), Vitamin B5: 2.13mg (21.27%), Iron: 3.8mg (21.12%), Magnesium: 77.57mg (19.39%), Vitamin B12: 1.11µg (18.5%), Calcium: 147.16mg (14.72%), Fiber: 2.91g (11.63%), Vitamin D: 1.17µg (7.8%), Vitamin A: 325.7IU (6.51%), Vitamin E: 0.68mg (4.52%), Vitamin C: 2.15mg (2.61%), Vitamin K: 1.66µg (1.58%)