



Easy Pork Chops on Stuffing

READY IN



45 min.

SERVINGS



6

CALORIES



395 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter
- 2 ribs celery diced finely
- 1 cup chicken broth (more or less)
- 2 tablespoons parsley fresh chopped
- 0.5 medium onion diced finely
- 6 servings bell pepper
- 6 servings bell pepper
- 6 pork chops
- 6 servings salt

- 8 slices sandwich bread white stale

Equipment

- frying pan
- paper towels
- oven
- knife
- mixing bowl
- baking pan
- aluminum foil

Directions

- Early in the day (or the night before) cut the bread into inch cubes and leave out to air dry.
- Place in a large mixing bowl.
- Heat 2 tablespoons of the butter over medium heat in a saute pan and saute the celery till almost tender.
- Add the onions and continue to cook over medium heat until translucent.
- Remove from the heat and add half of the chicken broth to the mixture.
- Add the chopped parsley to the bread cubes and toss to distribute evenly.
- Pour the celery/onion mixture over all and gently toss, adding additional broth to moisten the bread. Use caution to not break up the bread cubes. The cubes should be almost moistened through, but not soaking wet. Butter a shallow baking dish with half of the remaining butter and place the stuffing in the middle. Dot the top of the stuffing with any remaining butter. Cover with aluminum foil and bake for 20 minutes in a preheated 350 degree oven. In the meantime, pat the chops dry with a paper towel and season on both sides with salt and pepper. With a sharp knife, cut 2-3 slices through the fat edge on each chop to prevent curling while chops are cooking. Preheat a non-stick saut pan over medium high heat and quickly sear on each side until lightly browned. The chops will still be nearly raw in the center.
- Remove the foil from the precooked stuffing and place the chops in a single layer over the stuffing. Return to the oven and roast for aprox 15-25 minutes, uncovered (depending on the thickness of your chops). The chops should be cooked until the no longer dark pink inside, but still moist and juicy, but not overcooked.

Remove from the oven and serve.

Nutrition Facts

PROTEIN 34.52% **FAT 38.21%** **CARBS 27.27%**

Properties

Glycemic Index:46.63, Glycemic Load:13.83, Inflammation Score:-9, Nutrition Score:35.087391304348%

Flavonoids

Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg, Apigenin: 3.25mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Taste

Sweetness: 25.74%, Saltiness: 100%, Sourness: 11.45%, Bitterness: 12.65%, Savoriness: 65.12%, Fattiness: 65.34%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 394.99kcal (19.75%), Fat: 16.74g (25.76%), Saturated Fat: 7.26g (45.37%), Carbohydrates: 26.9g (8.97%), Net Carbohydrates: 22.59g (8.21%), Sugar: 8.79g (9.77%), Cholesterol: 105.61mg (35.2%), Sodium: 625.17mg (27.18%), Protein: 34.04g (68.08%), Vitamin C: 193.59mg (234.65%), Vitamin A: 5018.97IU (100.38%), Vitamin B1: 1.16mg (77.33%), Selenium: 52.56µg (75.09%), Vitamin B6: 1.46mg (72.97%), Vitamin B3: 13.91mg (69.54%), Phosphorus: 389.13mg (38.91%), Vitamin K: 33.67µg (32.06%), Vitamin B2: 0.49mg (28.91%), Folate: 114.32µg (28.58%), Potassium: 917.42mg (26.21%), Manganese: 0.42mg (20.99%), Vitamin E: 2.83mg (18.85%), Zinc: 2.82mg (18.83%), Fiber: 4.31g (17.24%), Vitamin B5: 1.69mg (16.86%), Magnesium: 65.31mg (16.33%), Iron: 2.59mg (14.39%), Vitamin B12: 0.73µg (12.17%), Calcium: 102.79mg (10.28%), Copper: 0.16mg (7.9%), Vitamin D: 0.54µg (3.57%)