



## French Onion-Pork Chop Skillet

READY IN



25 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup low-moisture part-skim mozzarella cheese shredded kraft
- 2 onions thinly sliced
- 1.5 lb pork chops boneless
- 6 oz stove top stuffing mix for chicken
- 1.5 cups water hot
- 2 Tbsp lea & perrins worcestershire sauce

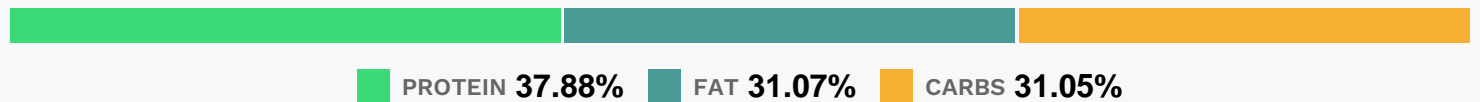
### Equipment

- frying pan

## Directions

- Cook chops and onions in large nonstick skillet on medium-high heat 8 min., turning chops and stirring onions after 4 min. (Chops will not be done.)
- Remove chops from skillet.
- Cook onions additional 5 min. or until golden brown, stirring frequently. Stir in Worcestershire sauce. Return chops to skillet; spoon onion mixture over chops.
- Combine stuffing mix and water; spoon around edge of skillet. Top chops and stuffing with cheese; cover. Cook 5 min. or until cheese is melted and chops are done (145F).
- Remove from heat.
- Let stand 3 min. before serving.

## Nutrition Facts



## Properties

Glycemic Index:4.5, Glycemic Load:0.76, Inflammation Score:-5, Nutrition Score:19.885217148325%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

## Nutrients (% of daily need)

Calories: 351.64kcal (17.58%), Fat: 11.84g (18.22%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 26.63g (8.88%), Net Carbohydrates: 25.1g (9.13%), Sugar: 4.68g (5.2%), Cholesterol: 88.21mg (29.4%), Sodium: 646.38mg (28.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.49g (64.98%), Selenium: 54.04µg (77.2%), Vitamin B1: 0.95mg (63.3%), Vitamin B3: 10.79mg (53.97%), Vitamin B6: 0.92mg (46.17%), Phosphorus: 396.71mg (39.67%), Vitamin B2: 0.4mg (23.42%), Calcium: 197.68mg (19.77%), Zinc: 2.62mg (17.44%), Potassium: 607.26mg (17.35%), Folate: 56.73µg (14.18%), Vitamin B12: 0.76µg (12.66%), Magnesium: 50.11mg (12.53%), Iron: 2.07mg (11.48%), Manganese: 0.23mg (11.28%), Vitamin B5: 1mg (9.97%), Copper: 0.17mg (8.54%), Fiber: 1.53g (6.12%), Vitamin C: 3.45mg (4.18%), Vitamin D: 0.51µg (3.4%), Vitamin A: 100.1IU (2%), Vitamin E: 0.29mg (1.95%)