



Gorgonzola-Stuffed Pork Chops with Pears

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 sprigs thyme leaves fresh
- ☐ 2 ounces gorgonzola dolce cheese cut into 4 chunks
- ☐ 0.3 cup hazelnuts toasted chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 16 oz pears cored cut into wedges
- ☐ 24 oz pork chops boneless

Equipment

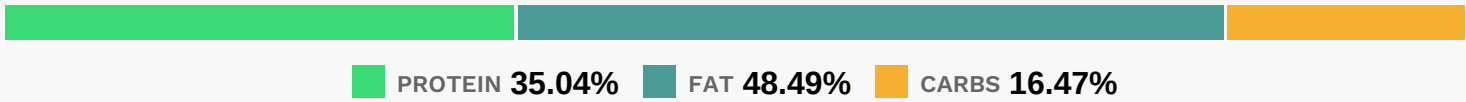
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ Cut a horizontal pocket into the side of each pork chop.
- ☐ Press cheese chunks into hazelnuts to coat, reserving nuts that don't stick. Push 1 cheese chunk into each pork chop pocket.
- ☐ Heat oil in a 12-in. cast-iron or other ovenproof frying pan over high heat. Sear chops until browned, 2 minutes per side.
- ☐ Add pears and thyme to pan.
- ☐ Bake until pork is firm but still slightly pink in the center, about 8 minutes.
- ☐ Sprinkle with reserved nuts.

Nutrition Facts



Properties

Glycemic Index:30.94, Glycemic Load:5.31, Inflammation Score:-9, Nutrition Score:27.002174045729%

Flavonoids

Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg, Epicatechin: 4.29mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 473.58kcal (23.68%), Fat: 25.64g (39.44%), Saturated Fat: 7.78g (48.62%), Carbohydrates: 19.6g (6.53%), Net Carbohydrates: 14.91g (5.42%), Sugar: 11.56g (12.85%), Cholesterol: 124.6mg (41.53%), Sodium: 246mg (10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.68g (83.36%), Selenium: 58.71µg (83.87%), Vitamin B1: 1.22mg (81.15%), Vitamin B3: 14.12mg (70.61%), Vitamin B6: 1.35mg (67.64%), Phosphorus: 483.47mg (48.35%), Manganese:

0.71mg (35.54%), Potassium: 879.46mg (25.13%), Vitamin B2: 0.42mg (24.51%), Zinc: 3.4mg (22.66%), Fiber: 4.7g (18.78%), Copper: 0.37mg (18.71%), Magnesium: 74.12mg (18.53%), Vitamin B12: 1.07µg (17.91%), Vitamin B5: 1.64mg (16.35%), Vitamin E: 2.4mg (15.98%), Calcium: 114.47mg (11.45%), Iron: 1.85mg (10.28%), Vitamin C: 7.91mg (9.58%), Vitamin K: 8.86µg (8.43%), Folate: 25.02µg (6.25%), Vitamin D: 0.75µg (5.01%), Vitamin A: 216.57IU (4.33%)