



WHATSheATE



HEALTH SCORE

55%

Gouda and Spinach Stuffed Pork Chops

READY IN



70 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 slices gouda cheese smoked
- ☐ 3 tablespoons horseradish mustard
- ☐ 1 cup panko crumbs
- ☐ 24 ounce pork chops thick cut
- ☐ 4 servings penzey's southwest seasoning creole-style to taste
- ☐ 0.5 pound pkt spinach fresh rinsed

Equipment

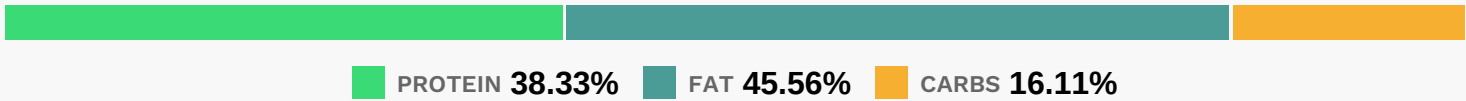
- ☐ oven

- ☐ knife
- ☐ baking pan
- ☐ cutting board

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). Coat a 9x13 inch baking dish with cooking spray.
- ☐ Lay each chop flat on cutting board, and with a sharp knife held parallel to the board, cut a pocket into the pork, leaving three sides intact. Stuff each chop with spinach, and then with cheese.
- ☐ Place panko crumbs in a shallow dish. Coat each chop with a thin layer of horseradish, and then roll in crumbs. Arrange chops in prepared baking dish.
- ☐ Sprinkle with Creole seasoning to taste.
- ☐ Bake in preheated oven for 45 minutes, or until brown and crispy.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.67, Inflammation Score:-10, Nutrition Score:45.736522011135%

Flavonoids

Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 606.45kcal (30.32%), Fat: 30.32g (46.65%), Saturated Fat: 15.13g (94.57%), Carbohydrates: 24.11g (8.04%), Net Carbohydrates: 20.74g (7.54%), Sugar: 3.44g (3.83%), Cholesterol: 182.37mg (60.79%), Sodium: 939.48mg (40.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.39g (114.78%), Vitamin K: 283.4µg (269.91%), Vitamin A: 5686.27IU (113.73%), Selenium: 76.24µg (108.92%), Vitamin B1: 1.48mg (98.73%), Phosphorus: 797.98mg (79.8%), Vitamin B3: 15.94mg (79.68%), Vitamin B6: 1.44mg (72.22%), Calcium: 560.51mg (56.05%), Vitamin B2: 0.74mg (43.75%), Manganese: 0.87mg (43.6%), Folate: 154.64µg (38.66%), Zinc: 5.77mg (38.45%), Vitamin B12: 1.92µg (32%), Potassium: 1105.84mg (31.6%), Magnesium: 126.13mg (31.53%), Iron: 4.38mg (24.34%), Vitamin C: 16mg (19.39%), Vitamin B5: 1.67mg (16.69%), Copper: 0.27mg (13.7%), Fiber: 3.37g (13.48%), Vitamin E:

1.76mg (11.73%), Vitamin D: 0.98µg (6.54%)