



Gourmet Stuffed Pork Chops

READY IN



155 min.

SERVINGS



2

CALORIES



1161 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pork chops bone-in 3/
- ☐ 0.8 cup bread crumbs
- ☐ 2 eggs
- ☐ 4 ounce mushrooms fresh sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces swiss cheese diced

☐ 2 tablespoons vegetable oil

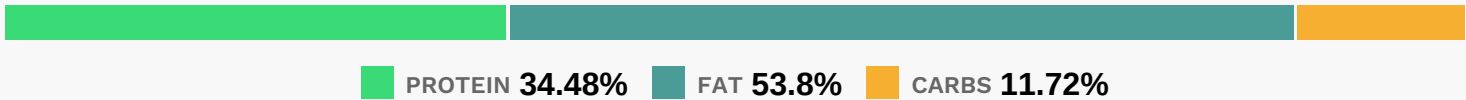
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ toothpicks
- ☐ kitchen thermometer

Directions

- ☐ Lay pork chops flat onto your work surface. Use the tip of a sharp boning or paring knife to cut a pocket in each pork chop making a 2 inch slit in the side.
- ☐ Mix mushrooms, Swiss cheese, parsley, garlic powder, black pepper, and salt in a bowl; stuff pork chops with mushroom mixture. Secure the open side with a toothpick.
- ☐ Whisk eggs in a bowl; pour bread crumbs into a separate bowl. Dip the stuffed pork chops into the beaten egg; press pork chops into bread crumbs until completely coated.
- ☐ Heat oil in a skillet over medium heat; place pork chops, pocket side-down, into the hot oil. Cook until outside of pork chops is browned, 2 to 3 minutes per side.
- ☐ Pour in enough wine to come halfway up pork chops. Reduce heat to low, cover skillet, and simmer until pork chops are tender, about 2 hours. Check wine level occasionally and add more as needed. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Nutrition Facts



Properties

Glycemic Index:64, Glycemic Load:0.73, Inflammation Score:-8, Nutrition Score:49.413913249969%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 1161.03kcal (58.05%), Fat: 68.35g (105.15%), Saturated Fat: 24.44g (152.76%), Carbohydrates: 33.51g (11.17%), Net Carbohydrates: 30.86g (11.22%), Sugar: 3.85g (4.28%), Cholesterol: 450.32mg (150.11%), Sodium: 945.87mg (41.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 98.55g (197.1%), Selenium: 161.01µg (230.01%), Vitamin B1: 2.11mg (140.94%), Vitamin B3: 27.28mg (136.4%), Vitamin B6: 2.61mg (130.63%), Phosphorus: 1244.43mg (124.44%), Vitamin B2: 1.41mg (82.9%), Vitamin B12: 4.07µg (67.75%), Calcium: 674.72mg (67.47%), Zinc: 10mg (66.65%), Vitamin K: 61.82µg (58.88%), Potassium: 1555.79mg (44.45%), Vitamin B5: 4.4mg (43.99%), Magnesium: 133.85mg (33.46%), Iron: 5.46mg (30.32%), Copper: 0.57mg (28.5%), Manganese: 0.49mg (24.41%), Folate: 82.54µg (20.64%), Vitamin A: 898.39IU (17.97%), Vitamin D: 2.69µg (17.92%), Vitamin E: 2.39mg (15.91%), Fiber: 2.65g (10.61%), Vitamin C: 3.87mg (4.69%)