



Grilled Wild Rice-Stuffed Pork Chops

 **Gluten Free**  **Dairy Free**

READY IN



70 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon butter
- 0.3 cup celery finely chopped
- 1 tablespoon spring onion finely chopped
- 1 cup rice wild cooked
- 1 tablespoon almonds sliced
- 0.3 teaspoon salt
- 0.1 teaspoon pepper
- 2.5 lb pork loin chops

- 0.3 cup apricot preserves
- 1 tablespoon wine dry white
- 0.1 teaspoon ground cinnamon

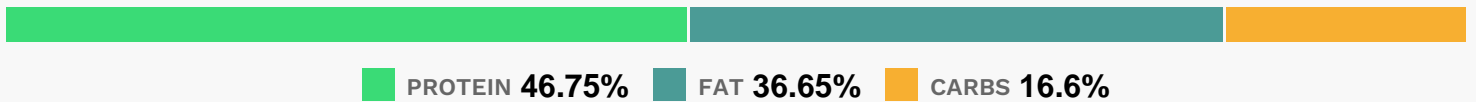
Equipment

- bowl
- frying pan
- toothpicks
- grill

Directions

- Heat coals or gas grill for direct heat. In 8-inch skillet, melt butter over medium heat. Cook celery and onion in butter, stirring frequently, until celery is crisp-tender. Stir in rice, almonds, salt and pepper until well blended.
- Cut a deep pocket horizontally in each pork chop on the meatiest side of the bone. Press about 1/3 cup stuffing into each pocket. Secure openings with toothpicks. In small bowl, mix apricot preserves, wine and cinnamon.
- Cover and grill pork over medium-low heat 40 to 45 minutes, brushing occasionally with preserves mixture and turning 2 or 3 times, until pork is tender and slightly pink when cut near bone on the unstuffed sides of chops.
- Remove toothpicks. Discard any remaining preserves mixture.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.11, Inflammation Score:-5, Nutrition Score:31.197391199029%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg

0.09mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 557.05kcal (27.85%), Fat: 22.13g (34.04%), Saturated Fat: 7.28g (45.48%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 21.21g (7.71%), Sugar: 9.15g (10.17%), Cholesterol: 189.94mg (63.31%), Sodium: 309.53mg (13.46%), Alcohol: 0.39g (100%), Alcohol %: 0.14% (100%), Protein: 63.51g (127.01%), Selenium: 94.71µg (135.31%), Vitamin B1: 1.92mg (128.02%), Vitamin B3: 23.31mg (116.56%), Vitamin B6: 2.13mg (106.52%), Phosphorus: 690.61mg (69.06%), Vitamin B2: 0.6mg (35.3%), Zinc: 5.06mg (33.71%), Potassium: 1162.69mg (33.22%), Vitamin B12: 1.5µg (25.06%), Magnesium: 96.15mg (24.04%), Vitamin B5: 2.17mg (21.65%), Copper: 0.26mg (12.97%), Manganese: 0.24mg (11.76%), Iron: 1.91mg (10.64%), Vitamin E: 1.2mg (8.03%), Vitamin D: 1.13µg (7.56%), Vitamin K: 5.91µg (5.63%), Fiber: 1.33g (5.33%), Folate: 16.01µg (4%), Calcium: 37.9mg (3.79%), Vitamin A: 151IU (3.02%), Vitamin C: 2.28mg (2.77%)