



Holiday Pork Chops

READY IN



36 min.

SERVINGS



6

CALORIES



573 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound pork loin roast boneless trimmed (9 inches long)
- ☐ 1 cup breadcrumbs fresh
- ☐ 1 tablespoon butter
- ☐ 0.5 cup celery chopped
- ☐ 0.3 cup chicken broth
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 teaspoon ground sage
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup onion chopped

- ☐ 1 teaspoon orange rind grated
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons steak seasoning dried
- ☐ 0.5 cup cranberries dried sweetened coarsely chopped

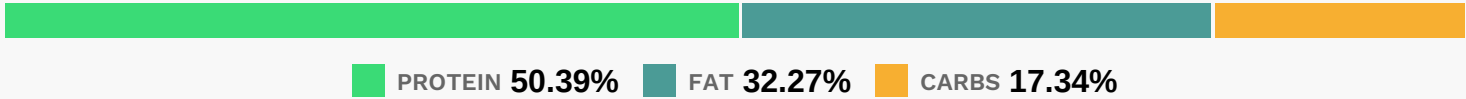
Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Melt butter in a large ovenproof skillet over medium–high heat; add onion and celery. Saut 8 to 10 minutes or until vegetables are tender and liquid evaporates.
- ☐ Remove from heat. Stir in breadcrumbs, cranberries, and next 5 ingredients.
- ☐ Let stand 10 minutes. Spoon breadcrumb mixture into a large zip–top plastic bag; set aside. Wipe skillet clean.
- ☐ Cut pork loin into 6 (1 1/2–inch–thick) chops.
- ☐ Cut a 1 1/2–inch slit in one side of each chop, cutting to but not through other side (about 1 1/2 to 2 inches), to form a pocket.
- ☐ Snip one corner of bag, and pipe breadcrumb mixture evenly into slits in pork. Rub both sides of stuffed chops evenly with steak seasoning.
- ☐ Cook chops in hot oil in ovenproof skillet over medium–high heat 2 to 3 minutes on each side or until chops are browned. Cover skillet with lid or aluminum foil.
- ☐ Bake at 350 for 20 to 25 minutes or until thermometer inserted in pork registers 15
- ☐ Remove from oven, and let stand 5 minutes or until thermometer registers 16
- ☐ *Substitute 6 (1 1/2–inch–thick) boneless pork chops for pork loin roast.
- ☐ Note: For testing purposes only, we used McCormick Grill Mates Montreal Steak Seasoning.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.32, Inflammation Score:-6, Nutrition Score:34.133043755656%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg, Apigenin: 1.68mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg, Quercetin: 3.2mg

Nutrients (% of daily need)

Calories: 573.17kcal (28.66%), Fat: 20.11g (30.93%), Saturated Fat: 5.92g (37%), Carbohydrates: 24.3g (8.1%), Net Carbohydrates: 22.31g (8.11%), Sugar: 9.24g (10.26%), Cholesterol: 195.72mg (65.24%), Sodium: 727.63mg (31.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 70.63g (141.26%), Selenium: 88.67µg (126.67%), Vitamin B6: 2.36mg (117.93%), Vitamin B1: 1.53mg (102.09%), Vitamin B3: 18.76mg (93.79%), Phosphorus: 721.62mg (72.16%), Vitamin B2: 0.66mg (38.86%), Zinc: 5.83mg (38.86%), Potassium: 1233.11mg (35.23%), Vitamin K: 34.56µg (32.91%), Vitamin B12: 1.61µg (26.85%), Vitamin B5: 2.42mg (24.19%), Magnesium: 94.08mg (23.52%), Manganese: 0.38mg (19.15%), Iron: 3.37mg (18.75%), Copper: 0.26mg (12.79%), Vitamin E: 1.41mg (9.38%), Vitamin D: 1.21µg (8.06%), Fiber: 1.99g (7.97%), Calcium: 78.09mg (7.81%), Folate: 28.78µg (7.19%), Vitamin A: 207.01IU (4.14%), Vitamin C: 2.85mg (3.45%)