



John's Baked Pork Chops Stuffed with Smoked Gouda and Bacon

READY IN



60 min.

SERVINGS



2

CALORIES



907 kcal

SIDE DISH

Ingredients

- ☐ 1 apples cored
- ☐ 1 cup bread crumbs
- ☐ 4 slices bacon crumbled cooked
- ☐ 1 eggs
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 ounces gouda cheese smoked shredded
- ☐ 1 green onion
- ☐ 2 servings ground pepper black to taste

- ☐ 1 teaspoon olive oil
- ☐ 4 center-cut pork chops boneless
- ☐ 2 pieces grapes red
- ☐ 0.3 teaspoon salt

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ casserole dish
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine Gouda cheese, bacon, parsley, and 1/8 teaspoon black pepper together in a bowl.
- ☐ Cut each pork chop from one side through the middle horizontally to within 1/2 inch of the other side. Open the two sides and spread them out like an open book. Stuff cheese mixture into each pocket and close; secure with a wooden toothpick. Coat each stuffed pork chop with olive oil.
- ☐ Whisk egg in a bowl.
- ☐ Mix bread crumbs, salt, and black pepper to taste together in a separate bowl. Carefully dip each stuffed pork chop in the egg; press chop into bread crumb mixture until evenly coated.
- ☐ Place breaded pork chops in a 9x13-inch casserole dish.
- ☐ Bake in preheated oven until no longer pink in the center, about 45 minutes. An instant-read thermometer inserted into the center should read at least 145 degrees F (63 degrees C).
- ☐ Garnish pork chops with cored apple, green onion, and red grapes.

Nutrition Facts



Properties

Glycemic Index:100.5, Glycemic Load:3.74, Inflammation Score:-8, Nutrition Score:45.931304226751%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 906.53kcal (45.33%), Fat: 39.17g (60.26%), Saturated Fat: 15.13g (94.56%), Carbohydrates: 53.65g (17.88%), Net Carbohydrates: 48.6g (17.67%), Sugar: 13.88g (15.42%), Cholesterol: 309.56mg (103.19%), Sodium: 1352.98mg (58.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 80.8g (161.61%), Selenium: 121.34µg (173.35%), Vitamin B1: 2.44mg (162.84%), Vitamin K: 143.22µg (136.4%), Vitamin B3: 26.92mg (134.6%), Vitamin B6: 2.21mg (110.28%), Phosphorus: 972.15mg (97.21%), Vitamin B2: 0.98mg (57.79%), Zinc: 6.96mg (46.39%), Vitamin B12: 2.42µg (40.27%), Potassium: 1408.78mg (40.25%), Calcium: 350.98mg (35.1%), Manganese: 0.6mg (29.77%), Magnesium: 118.47mg (29.62%), Vitamin B5: 2.95mg (29.51%), Iron: 5.24mg (29.13%), Folate: 92.08µg (23.02%), Vitamin A: 1037.01IU (20.74%), Fiber: 5.05g (20.21%), Copper: 0.37mg (18.71%), Vitamin C: 15.32mg (18.57%), Vitamin D: 1.72µg (11.45%), Vitamin E: 1.3mg (8.68%)