



## Mediterranean Stuffed Pork Chops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings canola oil
- 2 ounces feta cheese crumbled
- 0.5 cup pkt spinach frozen thawed drained chopped well ( and )
- 2 tablespoons kalamata olives chopped
- 4 to pork chops bone-in 2-inch-thick
- 4 servings salt and pepper
- 2 tablespoons sun-dried tomatoes chopped

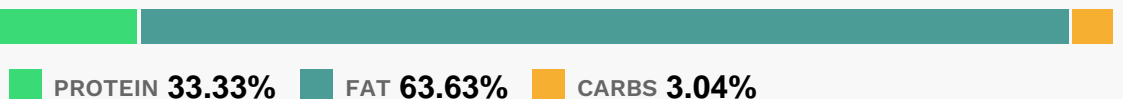
### Equipment

- bowl
- baking sheet
- oven
- toothpicks
- grill
- skewers
- grill pan
- chefs knife
- wooden skewers

## Directions

- Watch how to make this recipe.
- Special equipment: 4 wooden skewers, soaked to prevent burning
- Heat an outdoor grill or grill pan over medium heat. Preheat the oven to 400 degrees F.
- Carefully make a slit into the side of each pork chop using a chef's knife to create a pocket to stuff ingredients into.
- Mix together the feta, spinach, olives and sun-dried tomatoes in a medium bowl. Stuff each pork chop with the spinach mixture and rub each with 1/4 teaspoon salt and 1/4 teaspoon pepper. Secure each pork chop with a wooden skewer or toothpicks (remember to remove before serving).
- Brush oil on the grill grate to prevent sticking. Grill the pork chops until nicely browned, 6 to 8 minutes, turning every few minutes to create grill marks.
- Transfer to a baking sheet and finish cooking in the oven until the pork reaches an internal temperature of 140 degrees F, 15 to 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:14.25, Glycemic Load:0.47, Inflammation Score:-9, Nutrition Score:25.51347823765%

## Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 386.93kcal (19.35%), Fat: 27.14g (41.76%), Saturated Fat: 6.3g (39.37%), Carbohydrates: 2.92g (0.97%), Net Carbohydrates: 1.91g (0.7%), Sugar: 1.09g (1.21%), Cholesterol: 102.4mg (34.13%), Sodium: 499.21mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.99g (63.98%), Vitamin K: 83.91µg (79.91%), Selenium: 47.82µg (68.32%), Vitamin B1: 0.95mg (63.2%), Vitamin B3: 11.18mg (55.89%), Vitamin B6: 1.08mg (53.8%), Vitamin A: 2389.32IU (47.79%), Phosphorus: 369.22mg (36.92%), Vitamin B2: 0.42mg (24.92%), Vitamin E: 3.37mg (22.45%), Potassium: 663.55mg (18.96%), Zinc: 2.65mg (17.64%), Vitamin B12: 0.95µg (15.83%), Magnesium: 57.45mg (14.36%), Vitamin B5: 1.18mg (11.83%), Calcium: 109.37mg (10.94%), Manganese: 0.2mg (9.86%), Folate: 34.63µg (8.66%), Iron: 1.38mg (7.66%), Copper: 0.15mg (7.41%), Fiber: 1g (4.02%), Vitamin D: 0.59µg (3.95%), Vitamin C: 2.05mg (2.49%)