



Orange-Glazed Pork Chops with Herb Stuffing

 Dairy Free

READY IN



140 min.

SERVINGS



8

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound sandwich bread white sliced
- ☐ 0.5 cup butter
- ☐ 1.3 cups celery stalks diced
- ☐ 0.8 cup onion finely chopped
- ☐ 2 teaspoons sage dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper

- ☐ 1 cup chicken broth (from 32-ounce carton)
- ☐ 32 ounces pork loin chops boneless
- ☐ 3 tablespoons orange marmalade
- ☐ 1 teaspoon juice of lemon

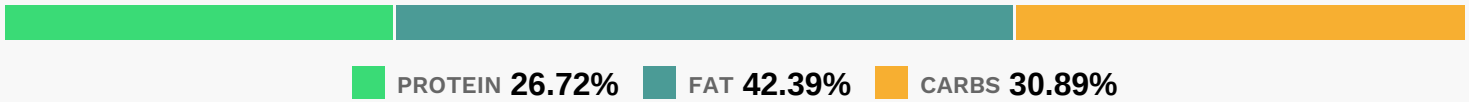
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 200°F.
- ☐ Place bread slices in single layer on cookie sheet.
- ☐ Bake about 1 hour or until dry. Coarsely crumble enough dry bread to measure 10 cups.
- ☐ Place in large bowl.
- ☐ Heat oven to 350°F. Melt butter in 8-inch skillet over medium heat. Cook celery and onion in butter 6 to 8 minutes, stirring occasionally, until tender. Stir in sage, thyme, salt and pepper.
- ☐ Pour over bread crumbs; toss to mix.
- ☐ Pour broth over bread
- ☐ crumbs; toss to mix (mixture will be dry). Spoon into ungreased 13x9-inch (3-quart) glass baking dish.
- ☐ Place pork chops on stuffing.
- ☐ Mix marmalade and lemon juice in small bowl; brush over pork.
- ☐ Bake 45 to 60 minutes or until pork is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:26.35, Glycemic Load:20.28, Inflammation Score:-7, Nutrition Score:24.400869369507%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg, Apigenin: 0.45mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 460.43kcal (23.02%), Fat: 21.46g (33.02%), Saturated Fat: 5.65g (35.28%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 33.26g (12.09%), Sugar: 8.52g (9.46%), Cholesterol: 76.56mg (25.52%), Sodium: 730.48mg (31.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.43g (60.87%), Copper: 1.67mg (83.69%), Selenium: 50.99µg (72.85%), Vitamin B1: 1.06mg (70.92%), Vitamin B3: 11.9mg (59.5%), Vitamin B6: 0.91mg (45.44%), Phosphorus: 333.69mg (33.37%), Manganese: 0.45mg (22.73%), Vitamin B2: 0.38mg (22.63%), Folate: 72.48µg (18.12%), Potassium: 570.66mg (16.3%), Zinc: 2.34mg (15.6%), Calcium: 149.8mg (14.98%), Iron: 2.65mg (14.74%), Magnesium: 50.1mg (12.52%), Vitamin B5: 1.2mg (12.03%), Vitamin A: 595.3IU (11.91%), Vitamin B12: 0.62µg (10.35%), Fiber: 1.94g (7.74%), Vitamin E: 0.78mg (5.17%), Vitamin K: 4.9µg (4.67%), Vitamin D: 0.45µg (3.02%), Vitamin C: 2.43mg (2.94%)