



## Peach-Glazed Pork Chops

 Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 lb pork chops bone-in
- 1 Tbsp grey poupon savory honey mustard
- 8.5 oz peach in juice undrained canned
- 0.3 cup butter
- 0.3 cup peach preserves
- 6 oz stove top stuffing mix for pork
- 55 servings water hot

### Equipment

- bowl
- frying pan
- oven

## Directions

- Heat oven to 375F.
- Drain peaches, reserving juice.
- Add enough hot water to reserved juice to measure 1-1/2 cups; pour into large bowl.
- Add butter; stir until melted. Stir in stuffing mix and peaches.
- Let stand 5 min.
- Spoon into 13x9-inch pan; top with chops.
- Mix preserves and mustard; spoon over chops.
- Bake 40 min. or until chops are done (160F).

## Nutrition Facts



## Properties

Glycemic Index:1.73, Glycemic Load:0.92, Inflammation Score:-1, Nutrition Score:1.7630434619344%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 43.24kcal (2.16%), Fat: 1.79g (2.75%), Saturated Fat: 0.48g (2.98%), Carbohydrates: 4.34g (1.45%), Net Carbohydrates: 4.15g (1.51%), Sugar: 1.68g (1.86%), Cholesterol: 6.43mg (2.14%), Sodium: 72.71mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.64%), Selenium: 4.75µg (6.79%), Vitamin B1: 0.06mg (4.33%), Vitamin B3: 0.83mg (4.14%), Vitamin B6: 0.07mg (3.55%), Copper: 0.06mg (2.83%), Phosphorus: 25.34mg (2.53%), Vitamin B2: 0.03mg (1.96%), Magnesium: 6.39mg (1.6%), Zinc: 0.23mg (1.52%), Folate: 5.7µg (1.42%), Potassium:

46.8mg (1.34%), Calcium: 12.76mg (1.28%), Manganese: 0.02mg (1.13%), Iron: 0.2mg (1.12%), Vitamin A: 51.81IU (1.04%)