



Peanut Butter and Apple Stuffed Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1087 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apples finely chopped
- ☐ 0.3 cup jif® creamy peanut butter
- ☐ 16 servings center cut pork chops fat trimmed (3/)
- ☐ 0.5 cup currant jelly melted
- ☐ 4 servings salt and pepper to taste
- ☐ 0.3 cup seasoned bread crumbs
- ☐ 1 large shallots minced

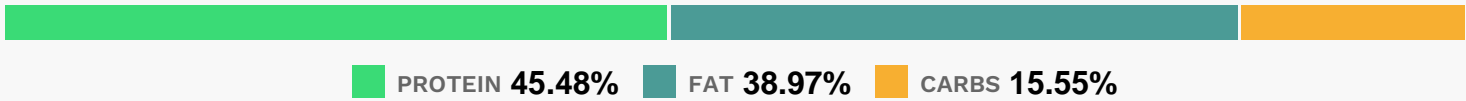
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ toothpicks
- ☐ stove

Directions

- ☐ Make a pocket in each pork chop with small knife by cutting horizontally from outside edge almost to bone.
- ☐ In a medium bowl combine apple, shallot, bread crumbs and peanut butter; mix well. Shape stuffing mixture into four equal patties.
- ☐ Place one stuffing patty into each pork chop pocket. Using wooden toothpicks (2 to 3 per chop), close each pocket to prevent stuffing from falling out during cooking.
- ☐ Preheat oven to 450 degrees F.
- ☐ Lightly coat baking pan with the no-stick cooking spray. Season chops with salt and pepper.
- ☐ Lightly coat oven-proof frying pan with the no-stick cooking spray. Season chops with salt and pepper.
- ☐ Place large, oven-proof frying pan over medium-high heat until hot. Fry pork chops in pan, cooking about 8 minutes, turning once, or until well browned on both sides.
- ☐ Remove pan from stove and place in hot oven to cook for another 20 minutes.
- ☐ Baste pork chops with melted jelly during last 5 minutes of cooking.
- ☐ Remove toothpicks before serving.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:17.07, Inflammation Score:-7, Nutrition Score:41.023912974026%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 1086.57kcal (54.33%), Fat: 45.91g (70.63%), Saturated Fat: 14.87g (92.97%), Carbohydrates: 41.22g (13.74%), Net Carbohydrates: 39.04g (14.2%), Sugar: 24.85g (27.61%), Cholesterol: 359.2mg (119.73%), Sodium: 634.95mg (27.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 120.55g (241.1%), Selenium: 180.86µg (258.36%), Vitamin B1: 3.68mg (245.51%), Vitamin B3: 45.46mg (227.32%), Vitamin B6: 4.01mg (200.61%), Phosphorus: 1292.84mg (129.28%), Vitamin B2: 1.09mg (64.18%), Potassium: 2177.91mg (62.23%), Zinc: 8.88mg (59.21%), Vitamin B12: 2.87µg (47.78%), Magnesium: 173.86mg (43.47%), Vitamin B5: 4.15mg (41.51%), Copper: 0.44mg (21.93%), Iron: 3.63mg (20.18%), Manganese: 0.39mg (19.45%), Vitamin E: 2.27mg (15.11%), Vitamin D: 2.14µg (14.29%), Fiber: 2.18g (8.74%), Folate: 30.06µg (7.52%), Calcium: 70.94mg (7.09%), Vitamin C: 5.16mg (6.26%), Vitamin K: 3.89µg (3.71%)