



Pesto Stuffed Pork Chops

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 tablespoons basil pesto chilled
- ☐ 3 tablespoons feta cheese crumbled
- ☐ 1 teaspoon garlic minced
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 teaspoon ground thyme
- ☐ 1 teaspoon oregano dried
- ☐ 1 tablespoon pinenuts toasted

- ☐ 4 pork loin chops bone-in
- ☐ 0.5 teaspoon pepper flakes red

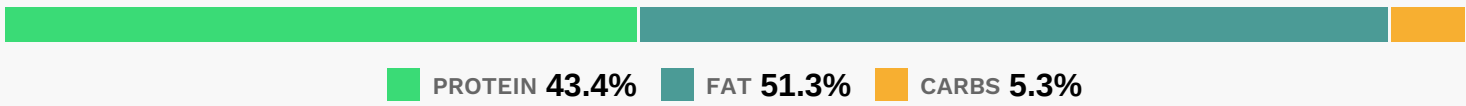
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ toothpicks
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Mix feta cheese, basil pesto, and pine nuts in a bowl. Use the tip of a sharp boning or paring knife to cut a 3-inch slit in the side of each pork chop, 2 inches deep and 1/4-inch away from the bone, to make a pocket for stuffing. Stuff pork chops with pesto filling and secure with toothpicks.
- ☐ Mix black pepper, oregano, garlic, red pepper flakes, and thyme in a small bowl; rub both sides of each chop with the spice mix.
- ☐ Place chops into a shallow baking dish.
- ☐ Bake in the preheated oven until chops are browned and stuffing is hot, about 40 minutes. An instant-read meat thermometer inserted into the center of the stuffing should read 145 degrees F (63 degrees C).
- ☐ Brush chops with balsamic vinegar and bake until vinegar forms a glaze, another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:0.95, Inflammation Score:-7, Nutrition Score:18.825652049935%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 298.95kcal (14.95%), Fat: 16.61g (25.55%), Saturated Fat: 5.6g (35.03%), Carbohydrates: 3.86g (1.29%), Net Carbohydrates: 3.18g (1.16%), Sugar: 1.58g (1.75%), Cholesterol: 101.73mg (33.91%), Sodium: 286.17mg (12.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.61g (63.23%), Selenium: 46.49µg (66.42%), Vitamin B1: 0.93mg (61.76%), Vitamin B3: 11.01mg (55.03%), Vitamin B6: 1.05mg (52.54%), Phosphorus: 365.26mg (36.53%), Vitamin B2: 0.37mg (21.66%), Zinc: 2.65mg (17.7%), Manganese: 0.35mg (17.7%), Potassium: 552.95mg (15.8%), Vitamin B12: 0.93µg (15.43%), Magnesium: 47.4mg (11.85%), Vitamin B5: 1.12mg (11.24%), Calcium: 100.44mg (10.04%), Iron: 1.36mg (7.54%), Vitamin K: 6.85µg (6.53%), Copper: 0.13mg (6.46%), Vitamin A: 298.9IU (5.98%), Vitamin E: 0.63mg (4.18%), Vitamin D: 0.59µg (3.91%), Fiber: 0.68g (2.71%), Folate: 6.46µg (1.62%)