



# Pesto-Stuffed Pork Chops with Caramelized Onions

 **Gluten Free**  **Dairy Free**

READY IN



**32 min.**

SERVINGS



**2**

CALORIES



**463 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 teaspoon ground cumin
- 1 tablespoon olive oil
- 0.5 cup onion sliced
- 0.3 teaspoon paprika
- 0.3 cup basil pesto refrigerated with basil, divided
- 12 ounce pork chops thick-cut boneless
- 0.3 teaspoon salt

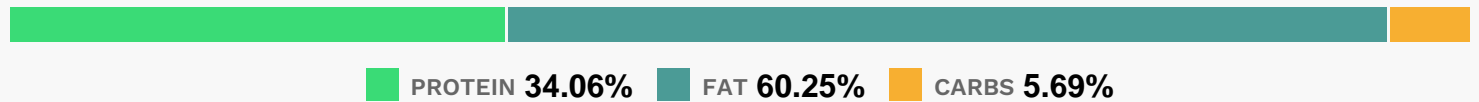
## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F.
- Cut each pork chop horizontally three-fourths of the way through the meat creating a pocket, being careful to not cut all the way through. Rub pork chops with cumin, paprika and salt. Fill each pork chop with 1 tablespoon pesto; secure with wooden picks.
- Heat oil in medium, ovenproof skillet over medium-high heat.
- Add onion; cook, stirring constantly, for 5 minutes.
- Add pork chops; cook for 1 minute on each side until brown.
- Place skillet in oven.
- Bake pork chops and onion for 15 to 20 minutes or until pork is cooked through.
- Remove wooden picks; top with remaining 3 tablespoons pesto.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:0.84, Inflammation Score:-7, Nutrition Score:21.593043503554%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 463.14kcal (23.16%), Fat: 30.4g (46.77%), Saturated Fat: 7.14g (44.65%), Carbohydrates: 6.46g (2.15%), Net Carbohydrates: 5.17g (1.88%), Sugar: 2.72g (3.02%), Cholesterol: 116.45mg (38.82%), Sodium: 664.51mg

(28.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.66g (77.33%), Selenium: 56.53µg (80.76%), Vitamin B1: 1.16mg (77.02%), Vitamin B3: 13.67mg (68.35%), Vitamin B6: 1.29mg (64.47%), Phosphorus: 398.05mg (39.81%), Potassium: 703.16mg (20.09%), Vitamin B2: 0.33mg (19.37%), Zinc: 2.73mg (18.19%), Vitamin A: 758.87IU (15.18%), Vitamin B12: 0.9µg (15.03%), Vitamin B5: 1.29mg (12.92%), Magnesium: 49.59mg (12.4%), Vitamin E: 1.32mg (8.79%), Iron: 1.37mg (7.64%), Calcium: 74.17mg (7.42%), Copper: 0.12mg (5.75%), Fiber: 1.29g (5.16%), Vitamin D: 0.68µg (4.54%), Vitamin K: 4.59µg (4.37%), Manganese: 0.08mg (3.83%), Vitamin C: 2.98mg (3.61%), Folate: 7.75µg (1.94%)