



Pork Chops and Apples with Stuffing

 Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



787 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 medium onion cut into 1/8-inch slices
- ☐ 12 oz fatty pork
- ☐ 1.5 lb pork loin chops bone-in
- ☐ 1 medium apples red sliced
- ☐ 3 cups pepperidge farm sage and onion stuffing stuffing

Equipment

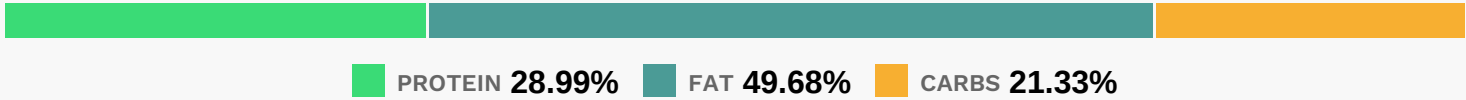
- ☐ oven
- ☐ aluminum foil

☐ glass baking pan

Directions

- ☐ Heat oven to 375F. Spray 12x8- or 13x9-inch (3-quart) glass baking dish with cooking spray.
- ☐ Place stuffing cubes in dish; stir in gravy.
- ☐ Top with onion, pork chops and apple. Cover with foil.
- ☐ Bake 40 minutes. Uncover; bake 10 to 15 minutes longer or until pork is no longer pink in center.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:2.23, Inflammation Score:-7, Nutrition Score:33.368260570194%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 787.49kcal (39.37%), Fat: 42.83g (65.89%), Saturated Fat: 13.49g (84.29%), Carbohydrates: 41.4g (13.8%), Net Carbohydrates: 35.49g (12.9%), Sugar: 9.06g (10.07%), Cholesterol: 175.2mg (58.4%), Sodium: 849.33mg (36.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.23g (112.47%), Selenium: 152.06µg (217.23%), Vitamin B1: 1.98mg (132.1%), Vitamin B3: 19.56mg (97.81%), Vitamin B6: 1.67mg (83.61%), Phosphorus: 609.23mg (60.92%), Vitamin B2: 0.69mg (40.84%), Zinc: 4.99mg (33.28%), Potassium: 1078.39mg (30.81%), Vitamin B12: 1.51µg (25.2%), Fiber: 5.91g (23.64%), Magnesium: 83.41mg (20.85%), Vitamin K: 21.66µg (20.63%), Vitamin B5: 1.99mg (19.88%), Iron: 3.35mg (18.59%), Folate: 69.34µg (17.34%), Manganese: 0.33mg (16.27%), Vitamin E: 2.41mg (16.06%), Copper: 0.26mg (13.23%), Vitamin A: 507.38IU (10.15%), Calcium: 80.87mg (8.09%), Vitamin C: 4.72mg (5.73%), Vitamin D: 0.68µg (4.54%)