



Pork Chops Stuffed with Feta and Spinach

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1.5 ounces weight cream cheese fat-free block-style
- ☐ 2 teaspoons dijon mustard
- ☐ 1 ounce feta crumbled reduced-fat
- ☐ 4 garlic clove divided minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 teaspoon oregano dried

- ☐ 16 ounce pork loin chops boneless trimmed
- ☐ 0.5 teaspoon salt divided
- ☐ 10 ounce spinach frozen dry thawed drained chopped
- ☐ 5 sun-dried olives diced packed

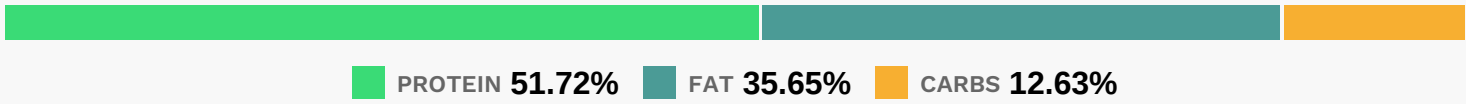
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ roasting pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add 2 garlic cloves; saut 1 minute.
- ☐ Add 1/4 teaspoon salt, 1/8 teaspoon pepper, tomatoes, and spinach; saut until moisture evaporates.
- ☐ Remove from heat; stir in cheeses and rind.
- ☐ Cut a horizontal slit through thickest portion of each pork chop to form a pocket. Stuff about 1/4 cup spinach mixture into each pocket.
- ☐ Sprinkle remaining 1/4 teaspoon salt and remaining 1/8 teaspoon pepper over pork. Arrange pork on the rack of a broiler pan or roasting pan coated with cooking spray; place rack in pan.
- ☐ Combine remaining 2 garlic cloves, juice, mustard, and oregano in a bowl; stir well.
- ☐ Brush half of mustard mixture over pork. Broil 6 minutes; turn pork.
- ☐ Brush remaining mixture over pork; broil 2 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.63, Inflammation Score:-10, Nutrition Score:30.521739234095%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 237.53kcal (11.88%), Fat: 9.47g (14.57%), Saturated Fat: 3.41g (21.3%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 4.88g (1.77%), Sugar: 2.51g (2.79%), Cholesterol: 81.05mg (27.02%), Sodium: 566.3mg (24.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.8%), Vitamin K: 265.82µg (253.16%), Vitamin A: 8348.11IU (166.96%), Selenium: 43.74µg (62.49%), Vitamin B1: 0.85mg (56.9%), Vitamin B6: 1mg (50.16%), Vitamin B3: 9.72mg (48.59%), Phosphorus: 363.81mg (36.38%), Manganese: 0.64mg (31.96%), Folate: 110.3µg (27.58%), Vitamin B2: 0.42mg (24.48%), Magnesium: 92.82mg (23.21%), Potassium: 810.7mg (23.16%), Zinc: 2.42mg (16.16%), Vitamin E: 2.25mg (15.02%), Calcium: 149.95mg (15%), Iron: 2.31mg (12.85%), Vitamin B12: 0.7µg (11.7%), Copper: 0.22mg (10.99%), Vitamin C: 9.05mg (10.97%), Vitamin B5: 1.07mg (10.71%), Fiber: 2.67g (10.67%), Vitamin D: 0.45µg (3.02%)