



Pork Chops Stuffed with Sun-Dried Tomatoes and Spinach

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black freshly ground plus more for seasoning
- 1.5 cups chicken broth
- 2 teaspoons dijon mustard
- 0.3 teaspoon thyme leaves dried
- 10 ounce pkt spinach frozen thawed
- 2 cloves garlic minced
- 2 ounces goat cheese

- 2 tablespoons juice of lemon
- 0.5 lemon zest
- 0.3 cup cream cheese reduced-fat
- 1 tablespoon olive oil
- 16 ounce center-cut pork chops
- 0.5 teaspoon salt plus more for seasoning
- 6 sun-dried tomatoes diced

Equipment

- bowl
- frying pan
- knife
- aluminum foil

Directions

- Watch how to make this recipe.
- Warm the 1 tablespoon olive oil in a medium saute pan over medium heat.
- Add the garlic and cook until fragrant, about 1 minute.
- Add the sun-dried tomatoes, spinach, salt, pepper, and thyme. Cook until combined, about 2 more minutes.
- Transfer the mixture to a medium bowl.
- Add the goat cheese and the cream cheese. Stir to combine and set aside.
- Use a sharp knife to cut a pocket into the thickest portion of the pork chop. Stuff each pocket with 1/4 of the spinach and sun-dried tomato mixture and close the pork around the stuffing. Season the outside of the pork with salt and pepper.
- In a small bowl combine the chicken broth, lemon zest, lemon juice, and mustard.
- Warm the remaining 1 tablespoon olive oil in a large, heavy skillet over medium-high heat. When the pan is hot add the pork. Cook until golden and cooked through, about 4 minutes per side.
- Transfer the pork to a side dish and tent with foil to keep warm.

- Add the chicken broth mixture to the skillet over medium-high heat. Scrape up the brown bits from the bottom of the pan as the chicken broth simmers. Reduce the broth by half to make a light sauce, about 8 minutes. Spoon some sauce over the pork before serving.

Nutrition Facts

PROTEIN 39.59% **FAT 49.99%** **CARBS 10.42%**

Properties

Glycemic Index:32.25, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:32.605217550112%

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 Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 326.1kcal (16.31%), Fat: 18.25g (28.07%), Saturated Fat: 7.23g (45.16%), Carbohydrates: 8.56g (2.85%), Net Carbohydrates: 5.55g (2.02%), Sugar: 3.56g (3.95%), Cholesterol: 95.06mg (31.69%), Sodium: 589.18mg (25.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.52g (65.04%), Vitamin K: 272.9µg (259.9%), Vitamin A: 8616.97IU (172.34%), Selenium: 44.62µg (63.74%), Vitamin B1: 0.89mg (59.13%), Vitamin B6: 1.03mg (51.61%), Vitamin B3: 10.04mg (50.18%), Phosphorus: 379.02mg (37.9%), Manganese: 0.72mg (36.16%), Vitamin B2: 0.54mg (31.47%), Folate: 113.8µg (28.45%), Potassium: 870.37mg (24.87%), Magnesium: 97.57mg (24.39%), Vitamin E: 2.96mg (19.76%), Copper: 0.35mg (17.38%), Calcium: 173.54mg (17.35%), Zinc: 2.58mg (17.22%), Iron: 2.97mg (16.5%), Vitamin B12: 0.83µg (13.83%), Vitamin B5: 1.26mg (12.65%), Fiber: 3.01g (12.05%), Vitamin C: 9.47mg (11.48%), Vitamin D: 0.57µg (3.8%)