

 **53%**  
HEALTH SCORE

## Pork chops stuffed with tomatoes and spinach

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**374 kcal**

**SIDE DISH**

### Ingredients

- 1 Tbs olive oil
- 2 cloves garlic minced
- 6 sun-dried tomatoes diced in oil
- 200 g pkt spinach fresh cleaned
- 280 g spinach frozen thawed
- 0.5 tsp salt
- 0.5 tsp pepper black
- 0.3 tsp thyme dried

- 3 Tbs feta cheese crumbled
- 0.3 cup cream cheese
- 4 pork chops boneless
- 1 cup chicken broth
- 0.5 lemon zest
- 2 Tbs juice of lemon
- 2 tsp dijon mustard

## Equipment

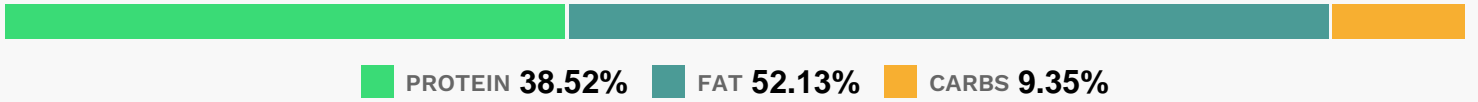
- bowl
- frying pan
- oven
- toothpicks
- aluminum foil
- microwave
- meat tenderizer

## Directions

- Warm the 1 tablespoon olive oil in a medium saute pan over medium heat and add the garlic and cook about 1 minute.
- Add the sun-dried tomatoes, spinach, salt, pepper, and thyme. Cook until combined, for 2 more minutes.
- Transfer the mixture to a medium bowl and add the feta and the cream cheese. Stir to combine and set aside.
- Thinly beat with a meat mallet each chop.
- Place of the spinach and sun-dried tomato mixture on the each chop, fold in half and secure with a wooden or metal toothpick. Season the outside of the pork with 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.
- Add the pork and cook for 5 minutes per side until golden and cooked through.

- 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 bottom of the pan and cook for 8 minutes to reduce the broth by half.
- Before serving spoon some sauce over the pork.
- \*Cook spinach in a microwave oven with 2 tablespoons water for 2 minutes on MAX (this way you preserve all the vitamins).

## Nutrition Facts



### Properties

Glycemic Index:45, Glycemic Load:0.75, Inflammation Score:-10, Nutrition Score:39.88%

### 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 Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg, Kaempferol: 3.19mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

### Taste

Sweetness: 16.03%, Saltiness: 100%, Sourness: 26.83%, Bitterness: 21.42%, Savoriness: 68.51%, Fattiness: 70.69%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 373.63kcal (18.68%), Fat: 21.9g (33.69%), Saturated Fat: 8.5g (53.11%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 5.1g (1.86%), Sugar: 1.72g (1.92%), Cholesterol: 116.63mg (38.88%), Sodium: 894.18mg (38.88%), Protein: 36.41g (72.82%), Vitamin K: 506.51µg (482.39%), Vitamin A: 13212.88IU (264.26%), Selenium: 53.65µg (76.64%), Vitamin B1: 1.05mg (70.21%), Vitamin B6: 1.29mg (64.67%), Vitamin B3: 11.89mg (59.47%), Manganese: 1.08mg (53.99%), Folate: 206.99µg (51.75%), Phosphorus: 434.65mg (43.46%), Vitamin B2: 0.7mg (41.01%), Magnesium: 137.54mg (34.38%), Potassium: 1151.47mg (32.9%), Vitamin C: 26.87mg (32.57%), Vitamin E: 3.92mg (26.16%), Calcium: 238.99mg (23.9%), Zinc: 3.3mg (21.98%), Iron: 3.84mg (21.33%), Vitamin B12: 0.97µg (16.14%), Fiber: 3.73g (14.91%), Copper: 0.29mg (14.5%), Vitamin B5: 1.34mg (13.36%), Vitamin D: 0.59µg (3.91%)