



Pork Chops with Apple-Sage Stuffing

READY IN



545 min.

SERVINGS



4

CALORIES



501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apples chopped
- ☐ 2 tablespoons apple jelly
- ☐ 1 cup apple juice
- ☐ 1 tablespoon butter
- ☐ 0.5 cup celery thinly sliced
- ☐ 0.5 cup onion chopped (1 medium)
- ☐ 16 oz pork chops smoked boneless
- ☐ 0.5 cup raisins
- ☐ 6 oz bread stuffing mix

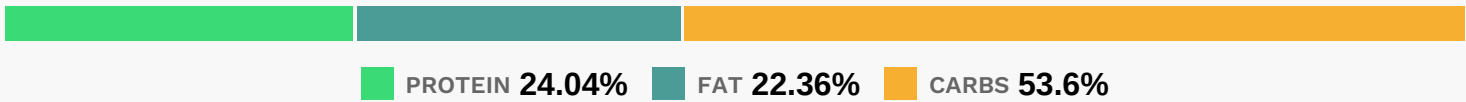
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Spray 8-inch square (2-quart) glass baking dish with nonstick cooking spray. Melt butter in large skillet over medium heat.
- ☐ Add onion and celery; cook 3 to 4 minutes or until crisp-tender, stirring occasionally.
- ☐ Add apple, raisins and apple juice; cook 2 to 3 minutes or until mixture comes to a boil.
- ☐ Remove from heat; stir in stuffing mix.
- ☐ Spread mixture in sprayed baking dish. Top with pork chops. Cover with foil; refrigerate at least 8 hours or overnight.
- ☐ Heat oven to 350F.
- ☐ Bake covered for 30 minutes.
- ☐ Uncover baking dish; brush pork chops with jelly.
- ☐ Bake uncovered an additional 15 to 20 minutes or until pork chops are thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:73.89, Glycemic Load:15.78, Inflammation Score:-6, Nutrition Score:22.413478478141%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 5.27mg,

Epicatechin: 5.27mg, Epicatechin: 5.27mg, Epicatechin: 5.27mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg, Quercetin: 5.72mg

Nutrients (% of daily need)

Calories: 500.99kcal (25.05%), Fat: 12.43g (19.13%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 67.08g (22.36%), Net Carbohydrates: 62.96g (22.89%), Sugar: 18.6g (20.67%), Cholesterol: 83.93mg (27.98%), Sodium: 696.37mg (30.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.18%), Selenium: 58.5µg (83.58%), Vitamin B1: 1.06mg (70.8%), Vitamin B3: 11.85mg (59.27%), Vitamin B6: 0.98mg (49.07%), Phosphorus: 349.18mg (34.92%), Vitamin B2: 0.45mg (26.74%), Potassium: 843.74mg (24.11%), Folate: 82.47µg (20.62%), Manganese: 0.41mg (20.43%), Fiber: 4.12g (16.48%), Iron: 2.89mg (16.03%), Zinc: 2.27mg (15.13%), Magnesium: 60.45mg (15.11%), Copper: 0.26mg (12.88%), Vitamin B5: 1.11mg (11.13%), Vitamin B12: 0.62µg (10.26%), Calcium: 73.59mg (7.36%), Vitamin C: 5.73mg (6.94%), Vitamin K: 5.18µg (4.93%), Vitamin E: 0.5mg (3.35%), Vitamin A: 167.43IU (3.35%), Vitamin D: 0.45µg (3.02%)