



Pork Chops with Apples and Stuffing

 Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon butter softened
- ☐ 2 apples red unpeeled sliced
- ☐ 2 teaspoons flour all-purpose
- ☐ 1 teaspoon brown sugar packed
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 2 lb pork loin chops bone-in trimmed
- ☐ 1 cup apple cider

- ☐ 2 tablespoons butter
- ☐ 1.5 cups bread stuffing mix for pork or chicken (from 12-oz box)
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1 tablespoon parsley fresh chopped

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Heat oven to 375°F.
- ☐ Brush 1/2 teaspoon butter in bottom of 13x9-inch (3-quart) glass baking dish.
- ☐ Spread apple slices in dish. In small bowl, mix flour, brown sugar and cinnamon; sprinkle over apples.
- ☐ Sprinkle seasoned salt on both sides of pork; place pork over apples.
- ☐ In 2-quart saucepan, heat apple juice and 2 tablespoons butter to boiling over medium-high heat. Stir in stuffing mix and cranberries. Cover; remove from heat.
- ☐ Let stand 5 minutes. Fluff mixture with fork. Scoop 1/2 cup stuffing onto each pork chop.
- ☐ Spray sheet of foil with cooking spray; place sprayed side down over baking dish.
- ☐ Bake 40 to 50 minutes. Uncover; bake 5 to 10 minutes longer or until pork is no longer pink in center and meat thermometer inserted in center reads 160°F.
- ☐ Sprinkle with parsley. To serve, lift pork chops with stuffing to serving plates; serve apples on the side.

Nutrition Facts



Properties

Glycemic Index:46.19, Glycemic Load:6.55, Inflammation Score:-8, Nutrition Score:36.506086805592%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg, Catechin: 1.92mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 9.63mg, Epicatechin: 9.63mg, Epicatechin: 9.63mg, Epicatechin: 9.63mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 854.72kcal (42.74%), Fat: 25.23g (38.81%), Saturated Fat: 7.63g (47.67%), Carbohydrates: 95.08g (31.69%), Net Carbohydrates: 89.41g (32.51%), Sugar: 28.96g (32.18%), Cholesterol: 152.84mg (50.95%), Sodium: 1722.5mg (74.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.15g (118.3%), Selenium: 118.12µg (168.74%), Vitamin B1: 2.08mg (138.66%), Vitamin B3: 23.48mg (117.38%), Vitamin B6: 1.83mg (91.74%), Phosphorus: 655.94mg (65.59%), Vitamin B2: 0.82mg (48.39%), Folate: 155.22µg (38.81%), Potassium: 1236.62mg (35.33%), Manganese: 0.67mg (33.51%), Zinc: 4.42mg (29.45%), Iron: 4.85mg (26.96%), Magnesium: 103.38mg (25.84%), Fiber: 5.67g (22.68%), Vitamin B5: 2.12mg (21.19%), Vitamin B12: 1.23µg (20.46%), Vitamin K: 20µg (19.04%), Copper: 0.38mg (18.93%), Calcium: 118.88mg (11.89%), Vitamin A: 417.93IU (8.36%), Vitamin E: 1.21mg (8.05%), Vitamin C: 6.08mg (7.37%), Vitamin D: 0.91µg (6.05%)