



## Pork Chops with Dried Fruit Stuffing

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 servings pepper black freshly ground
- 2 tablespoons butter unsalted diced cold
- 1.3 cups chicken broth canned
- 6 ounces fruit mixed dried cut into strips (1 cup)
- 0.5 tablespoon thyme sprigs dried fresh for garnish (or)
- 0.5 teaspoon kosher salt
- 2 tablespoons olive oil
- 1 small onion finely chopped

32 oz pork chops ( 3/)

0.5 cup water

## Equipment

frying pan

oven

## Directions

Preheat oven to 375F. Toss together fruit and thyme.

Cut horizontal slit into meaty side of each chop, slicing almost to bone. Equally stuff chops with half of fruit; reserve remainder for sauce.

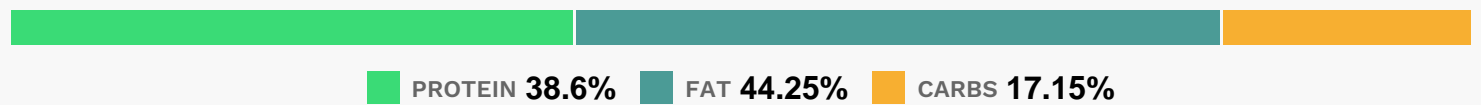
Heat oil in skillet over medium heat. Season chops with 1/2 tsp. salt and pepper; add chops to pan and cook until browned on bottom, about 7 minutes. Turn and cook until just cooked through, about 7 minutes.

Add onion and water to pan and cook over medium heat, stirring, until dry.

Add broth and remaining dried fruit, 1/4 tsp. salt and pepper to taste. Boil, stirring occasionally, until sauce is reduced by half. Stir in butter and remove from heat.

Turn chops in sauce and then place on dinner plates. Spoon sauce on top, then sprinkle with fresh thyme and serve.

## Nutrition Facts



## Properties

Glycemic Index:33.75, Glycemic Load:7.55, Inflammation Score:-8, Nutrition Score:32.854348079018%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

## Nutrients (% of daily need)

Calories: 696.14kcal (34.81%), Fat: 34.03g (52.36%), Saturated Fat: 11.63g (72.71%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 25.05g (9.11%), Sugar: 21.12g (23.46%), Cholesterol: 199.03mg (66.34%), Sodium: 715.77mg (31.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.8g (133.59%), Selenium: 87.28µg (124.68%), Vitamin B1: 1.56mg (103.85%), Vitamin B3: 19.96mg (99.79%), Vitamin B6: 1.84mg (91.89%), Phosphorus: 646.91mg (64.69%), Zinc: 5.45mg (36.36%), Potassium: 1267.15mg (36.2%), Vitamin B2: 0.53mg (31.17%), Vitamin B12: 1.85µg (30.91%), Magnesium: 103.82mg (25.95%), Vitamin B5: 1.87mg (18.68%), Fiber: 4.61g (18.45%), Iron: 3.07mg (17.07%), Copper: 0.3mg (15.01%), Manganese: 0.28mg (14.21%), Vitamin K: 13.04µg (12.42%), Vitamin E: 1.83mg (12.19%), Calcium: 104.56mg (10.46%), Vitamin D: 1.08µg (7.17%), Vitamin A: 344.11IU (6.88%), Vitamin C: 3.21mg (3.89%), Folate: 9.05µg (2.26%)