



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 leaves dried fresh for garnish (or)
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 small onion finely chopped

- ☐ 32 oz center-cut pork chops (3/)
- ☐ 0.5 cup water

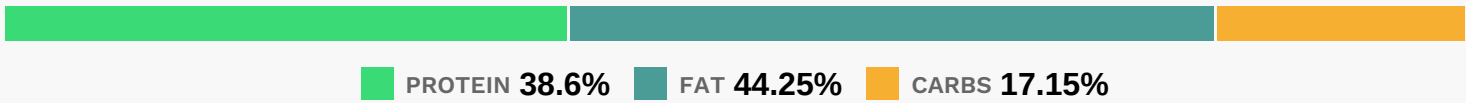
Equipment

- ☐ 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: Og (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%)