



## Pork Chops with Mushroom Bread Pudding

READY IN



45 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 pound baguette cut into 1/2-inch cubes ( 1 quart) (or other crusty bread)
- 2 tablespoons butter
- 1 rib celery chopped
- 1.3 cups chicken broth low-sodium homemade canned
- 1 tablespoon cooking oil
- 1 teaspoon thyme leaves dried
- 3 eggs beaten
- 0.5 teaspoon fresh-ground pepper black
- 0.7 cup half-and-half

- 0.8 pound mushrooms cut into thin slices
- 1 onion chopped
- 4 center-cut pork chops ( 2 pounds in all)
- 1 teaspoon salt

## Equipment

- frying pan
- oven
- baking pan

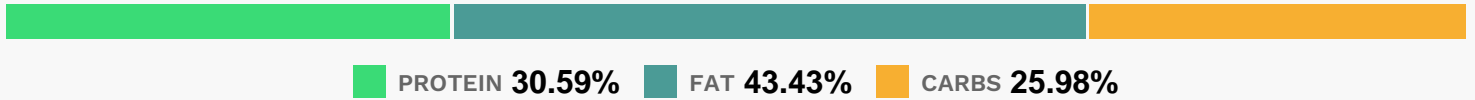
## Directions

- Heat the oven to 32
- Butter a 9-by-13-inch baking dish or a gratin dish of similar size. In a large nonstick frying pan, melt the butter over moderately low heat.
- Add the onion and celery; cook, stirring occasionally, until starting to soften, about 3 minutes. Increase the heat to moderately high.
- Add the mushrooms and thyme and cook until the mushrooms start to brown, about 5 minutes.
- Remove the pan from the heat. Stir in the bread cubes, 3/4 teaspoon of the salt, and 1/4 teaspoon of the pepper.
- Transfer the mixture to the prepared baking dish.
- Stir together the broth, eggs, and half-and-half.
- Pour the mixture evenly over the mushrooms and bread.
- Put the dish in the lower third of the oven and bake for 25 minutes.
- Meanwhile, heat the oil in the frying pan over moderate heat.
- Sprinkle the remaining 1/4 teaspoon each salt and pepper over the pork chops.
- Add the chops to the pan and brown, about 3 minutes per side.
- Remove the chops from the pan.
- Remove the bread pudding from the oven after it bakes for 25 minutes and set the pork chops directly on top. Return to the oven and cook until the meat is done and the pudding is

just set, 10 to 15 minutes longer.

Wine Recommendation: Pork and mushrooms each have an incredible affinity for pinot noir, so this combination of the two makes for an easy choice. Favor a slightly earthy French Burgundy over its fruitier brethren from other countries. A premier cru wine offers complexity and concentrated fruit flavor; a village-level wine will be lighter and simpler.

## Nutrition Facts



## Properties

Glycemic Index:63.38, Glycemic Load:23.94, Inflammation Score:-8, Nutrition Score:33.330434612606%

## Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

## Nutrients (% of daily need)

Calories: 588.09kcal (29.4%), Fat: 28.46g (43.78%), Saturated Fat: 11.52g (71.98%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 35.42g (12.88%), Sugar: 7.5g (8.34%), Cholesterol: 241.71mg (80.57%), Sodium: 1140.63mg (49.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.1g (90.2%), Selenium: 80.17µg (114.53%), Vitamin B1: 1.41mg (93.81%), Vitamin B3: 17.74mg (88.68%), Vitamin B2: 1.1mg (64.79%), Vitamin B6: 1.25mg (62.44%), Phosphorus: 575.72mg (57.57%), Vitamin B5: 3.13mg (31.29%), Potassium: 1076.35mg (30.75%), Folate: 110.68µg (27.67%), Copper: 0.52mg (25.97%), Zinc: 3.86mg (25.71%), Iron: 4.49mg (24.96%), Manganese: 0.45mg (22.75%), Vitamin B12: 1.21µg (20.09%), Magnesium: 74.4mg (18.6%), Calcium: 124.4mg (12.44%), Fiber: 2.88g (11.52%), Vitamin K: 11.74µg (11.18%), Vitamin A: 557.59IU (11.15%), Vitamin E: 1.58mg (10.52%), Vitamin D: 1.37µg (9.11%), Vitamin C: 4.62mg (5.6%)