



Pork Chops with Pecan Corn Bread Dressing and Cider Gravy

READY IN



120 min.

SERVINGS



6

CALORIES



827 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup apple cider
- ☐ 0.1 teaspoon pepper black
- ☐ 1 rib celery stalks coarsely chopped
- ☐ 2 cups chicken broth
- ☐ 4.5 cups cornbread crumbled ()
- ☐ 1 tablespoon cornstarch mixed with 3 tablespoons cold water
- ☐ 3 tablespoons parsley fresh finely chopped
- ☐ 1.5 teaspoons sage fresh finely chopped

- ☐ 1 medium bell pepper green coarsely chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion coarsely chopped
- ☐ 4 oz pecans toasted coarsely chopped
- ☐ 6 rib pork chops 1-inch-thick ()
- ☐ 0.3 teaspoon salt to taste
- ☐ 2 tablespoons butter unsalted

Equipment

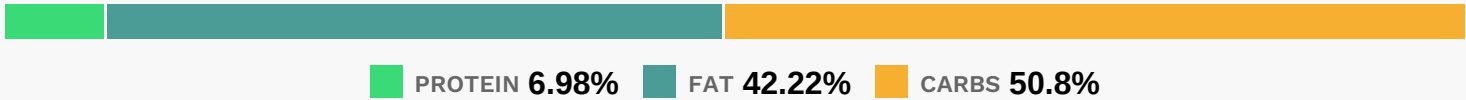
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 325°F.
- ☐ Lightly toast corn bread in a shallow baking pan in middle of oven until dry and pale golden, 15 to 20 minutes.
- ☐ Remove from oven.
- ☐ Increase oven temperature to 375°F.
- ☐ Sauté celery, onion, and bell pepper in butter in a 12-inch heavy skillet over moderately high heat, stirring occasionally, until softened and beginning to brown, about 5 minutes. Stir in shiitakes and sauté, stirring, until tender, 2 to 3 minutes.
- ☐ Add 1 cup broth and deglaze skillet by boiling, stirring and scraping up brown bits.
- ☐ Add corn bread, pecans, sage, parsley, salt, and pepper and toss well, then transfer to a buttered 3-quart gratin dish or large baking pan.
- ☐ Heat 1 1/2 tablespoons oil in cleaned skillet over moderately high heat until hot but not smoking. While oil is heating, pat dry 3 pork chops and season with salt and pepper. Brown chops, turning once, about 6 minutes total, then arrange on corn bread. Brown remaining 3 chops in same manner, adding more oil if necessary. Reserve skillet.

- ☐
- Roast chops on corn bread in middle of oven until pork is just cooked through, 18 to 22 minutes. After pork has roasted 10 minutes, pour off fat from skillet and heat skillet over moderately high heat until hot.
- ☐
- Add cider and deglaze skillet by boiling, stirring and scraping up brown bits, then add remaining cup broth. Stir cornstarch mixture and add to hot cider mixture. Bring sauce to a boil, whisking constantly, then boil, whisking, 1 minute and season with salt and pepper.
- ☐
- Serve chops and dressing with sauce on the side.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:1.73, Inflammation Score:-7, Nutrition Score:27.044782752576%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg, Catechin: 1.7mg Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg, Epigallocatechin: 1.06mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg, Quercetin: 4.32mg

Nutrients (% of daily need)

Calories: 827.13kcal (41.36%), Fat: 39.42g (60.65%), Saturated Fat: 10.9g (68.16%), Carbohydrates: 106.74g (35.58%), Net Carbohydrates: 100.01g (36.37%), Sugar: 33.28g (36.97%), Cholesterol: 113.41mg (37.8%), Sodium: 1455.25mg (63.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.34%), Copper: 1.91mg (95.64%), Phosphorus: 765.4mg (76.54%), Manganese: 1.41mg (70.37%), Vitamin K: 44.82µg (42.69%), Vitamin B1: 0.51mg (34.25%), Folate: 110.46µg (27.62%), Calcium: 271.82mg (27.18%), Fiber: 6.72g (26.9%), Vitamin C: 20.59mg (24.96%), Selenium: 17.01µg (24.3%), Vitamin B2: 0.4mg (23.67%), Iron: 4.18mg (23.2%), Vitamin B3: 4.19mg (20.93%), Magnesium: 61.28mg (15.32%), Zinc: 2.21mg (14.76%), Vitamin E: 2.08mg (13.85%), Vitamin B6: 0.27mg (13.56%), Vitamin A: 666.83IU (13.34%), Vitamin B5: 1.28mg (12.76%), Potassium: 434.7mg (12.42%), Vitamin B12: 0.44µg (7.28%)