



Skillet Pork Chops and Stuffing

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



370 kcal

SIDE DISH

Ingredients

- 0.3 cup butter divided ()
- 3 cups green beans frozen
- 1.5 lb pork chops boneless
- 6 oz stove top stuffing mix for pork
- 1.7 cups water

Equipment

- frying pan

Directions

- Melt 2 Tbsp. of the butter in large nonstick skillet on medium-high heat.
- Add chops; cook 4 min. on each side or until cooked through (160F).
- Remove from skillet; cover to keep warm.
- Add beans, water and remaining 2 Tbsp. butter to skillet. Bring to boil, stirring occasionally.
- Stir in stuffing mix just to moisten. Top with the chops; cover. Reduce heat to low. Cook 5 min. or until heated through.

Nutrition Facts

PROTEIN 31.33% **FAT 40.77%** **CARBS 27.9%**

Properties

Glycemic Index:7.67, Glycemic Load:1.08, Inflammation Score:-7, Nutrition Score:21.047826227934%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 370.25kcal (18.51%), Fat: 16.57g (25.49%), Saturated Fat: 4.62g (28.91%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 23.13g (8.41%), Sugar: 4.14g (4.6%), Cholesterol: 76.26mg (25.42%), Sodium: 548.52mg (23.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.65g (57.29%), Selenium: 51.47µg (73.53%), Vitamin B1: 0.97mg (64.76%), Vitamin B3: 11.1mg (55.49%), Vitamin B6: 0.94mg (47.24%), Phosphorus: 319.33mg (31.93%), Vitamin K: 23.96µg (22.82%), Vitamin B2: 0.38mg (22.65%), Potassium: 612.74mg (17.51%), Folate: 65.87µg (16.47%), Manganese: 0.3mg (14.76%), Vitamin A: 722.93IU (14.46%), Zinc: 2.16mg (14.4%), Magnesium: 55.51mg (13.88%), Iron: 2.21mg (12.3%), Vitamin B5: 1.07mg (10.69%), Vitamin B12: 0.62µg (10.27%), Fiber: 2.39g (9.57%), Copper: 0.18mg (8.97%), Vitamin C: 6.73mg (8.16%), Calcium: 60.6mg (6.06%), Vitamin E: 0.77mg (5.16%), Vitamin D: 0.45µg (3.02%)