



Smoked Pork Chops Stuffed with Gruyère and Mustard

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.1 teaspoon fresh-ground pepper black
- ☐ 2 ounces gruyere cheese cut into 4 thin slices
- ☐ 4 pork chops smoked
- ☐ 1 tablespoon mustard seeds yellow

Equipment

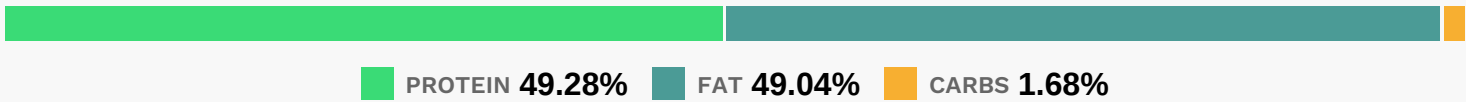
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ skewers

Directions

- ☐ Heat the oven to 42
- ☐ In a small bowl, combine the mustard seeds and Dijon mustard.
- ☐ Cut a pocket, horizontally, in the side of each chop.
- ☐ Spread the inside of the pockets with the mustard mixture and stuff each with a slice of the cheese. Close each pocket with a toothpick or small skewer.
- ☐ Put the chops in a baking dish and sprinkle them with the pepper.
- ☐ Bake the chops until the cheese melts, about 15 minutes.
- ☐ Remove toothpicks or skewers before serving.
- ☐ Wine Recommendation: A crisp, dry, but full-bodied white, such as a Mcon-Villages, from the Burgundy region of France, will be terrific with these chops.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:18.460434729638%

Nutrients (% of daily need)

Calories: 283.8kcal (14.19%), Fat: 15.07g (23.18%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.32g (0.35%), Cholesterol: 105.37mg (35.12%), Sodium: 227.77mg (9.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.06g (68.13%), Selenium: 54.05µg (77.21%), Vitamin B1: 0.94mg (62.34%), Vitamin B3: 10.88mg (54.41%), Vitamin B6: 1mg (49.97%), Phosphorus: 417.54mg (41.75%), Zinc: 2.83mg (18.89%), Vitamin B2: 0.3mg (17.56%), Calcium: 163.68mg (16.37%), Vitamin B12: 0.94µg (15.62%), Potassium: 540.86mg (15.45%), Magnesium: 52.92mg (13.23%), Vitamin B5: 1.09mg (10.94%), Iron: 1.04mg (5.79%), Manganese: 0.11mg (5.53%), Copper: 0.1mg (5.12%), Vitamin D: 0.62µg (4.14%), Vitamin A: 144.92IU (2.9%), Vitamin E: 0.37mg (2.49%), Fiber: 0.59g (2.37%), Folate: 6.28µg (1.57%)