



Smoked Pork Chops with Tex-Mex Cornbread Stuffing

READY IN



55 min.

SERVINGS



8

CALORIES



752 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.5 cup onion chopped
- ☐ 4.5 cups cornbread (from 16-oz bag)
- ☐ 1.5 cups water
- ☐ 11 oz corn whole with red and green peppers, drained canned
- ☐ 4 oz pepper jack cheese cut into 1/4-inch cubes
- ☐ 32 oz pork chops smoked boneless

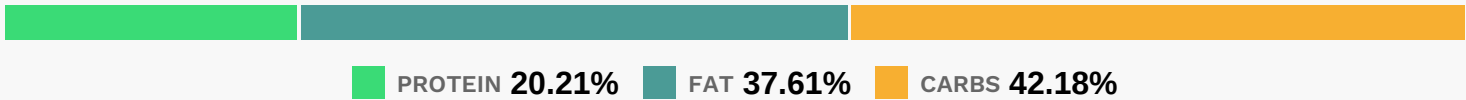
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. In 10-inch skillet, melt butter over medium-high heat. Cook onion in butter 2 to 3 minutes, stirring frequently, until tender.
- ☐ In large bowl, toss stuffing, onion mixture, water and corn until stuffing is moistened. Stir in cheese.
- ☐ Into 13x9-inch pan, spoon stuffing mixture. Arrange pork on stuffing mixture. Cover pan with foil.
- ☐ Bake 40 to 45 minutes or until cheese is melted and meat thermometer inserted into center of pork reads 160°F.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.23, Inflammation Score:-6, Nutrition Score:25.843043477639%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 751.66kcal (37.58%), Fat: 31.19g (47.99%), Saturated Fat: 11.72g (73.27%), Carbohydrates: 78.7g (26.23%), Net Carbohydrates: 75.47g (27.44%), Sugar: 21.79g (24.21%), Cholesterol: 164.45mg (54.82%), Sodium: 1069.68mg (46.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.7g (75.41%), Phosphorus: 860.08mg (86.01%), Selenium: 51.22µg (73.17%), Vitamin B1: 1.02mg (68.17%), Vitamin B3: 12.05mg (60.25%), Vitamin B6: 0.96mg

(48.01%), Calcium: 299.88mg (29.99%), Vitamin B2: 0.51mg (29.95%), Folate: 89.02µg (22.26%), Zinc: 3.21mg (21.37%), Potassium: 674.25mg (19.26%), Iron: 3.24mg (17.99%), Vitamin B12: 1.03µg (17.2%), Manganese: 0.34mg (16.98%), Vitamin B5: 1.64mg (16.44%), Magnesium: 61.88mg (15.47%), Fiber: 3.23g (12.92%), Vitamin A: 588.4IU (11.77%), Copper: 0.19mg (9.41%), Vitamin E: 1.08mg (7.23%), Vitamin K: 5.32µg (5.07%), Vitamin D: 0.54µg (3.59%), Vitamin C: 1.55mg (1.88%)