



Smoked Pork Chops with Tex-Mex Cornbread Stuffing

READY IN



55 min.

SERVINGS



8

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

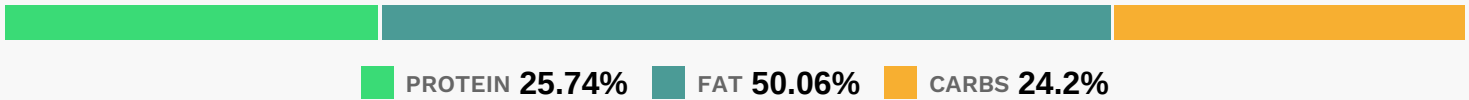
Equipment

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

Directions

- ☐ Heat oven to 350F. 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 160F.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.23, Inflammation Score:-7, Nutrition Score:22.447826157445%

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: 511.61kcal (25.58%), Fat: 28.12g (43.26%), Saturated Fat: 8.71g (54.44%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 27.15g (9.87%), Sugar: 2.87g (3.19%), Cholesterol: 88.59mg (29.53%), Sodium: 811.41mg (35.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.07%), Selenium: 95.67µg (136.66%), Vitamin B1: 0.92mg (61.51%), Vitamin B3: 11.05mg (55.24%), Vitamin B6: 0.89mg (44.61%), Phosphorus: 386.98mg

(38.7%), Vitamin B2: 0.4mg (23.33%), Zinc: 2.63mg (17.52%), Potassium: 580.5mg (16.59%), Calcium: 156.22mg (15.62%), Vitamin K: 15.81µg (15.05%), Folate: 59.7µg (14.93%), Vitamin A: 719.61IU (14.39%), Fiber: 3.43g (13.73%), Vitamin E: 1.98mg (13.21%), Magnesium: 52.76mg (13.19%), Vitamin B12: 0.74µg (12.28%), Manganese: 0.23mg (11.72%), Iron: 2mg (11.12%), Vitamin B5: 0.96mg (9.64%), Copper: 0.17mg (8.61%), Vitamin D: 0.54µg (3.59%), Vitamin C: 1.42mg (1.72%)