



## Spanish Pork Chops with Linguica Corn Stuffing and Cherry-Rioja Gravy

READY IN



40 min.

SERVINGS



4

CALORIES



737 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 cups beef stock divided
- ☐ 2 tablespoons butter
- ☐ 2 ribs celery chopped
- ☐ 4 corn muffins crumbled
- ☐ 1 Handful flat-leaf parsley chopped
- ☐ 2 tablespoons flour all-purpose
- ☐ 2 tablespoons thyme leaves fresh chopped
- ☐ 2 cloves garlic chopped

- ☐ 3 tablespoons olive oil extra-virgin divided
- ☐ 1 medium onion chopped
- ☐ 4 pork chops thick-cut boneless
- ☐ 1 small bell pepper red chopped
- ☐ 4 servings salt and pepper
- ☐ 1 teaspoon paprika smoked
- ☐ 0.5 cup all-fruit spread black
- ☐ 0.5 pound linguica chopped
- ☐ 1 cup rioja dry red

## Equipment

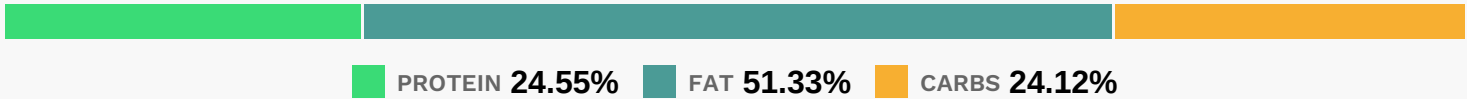
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ stove

## Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Heat a skillet over medium high heat. Season pork chops with salt and pepper.
- ☐ Add 2 tablespoons extra-virgin olive oil to the pan, 2 turns around the pan.
- ☐ Add the chops and caramelize the meat, 2 minutes on each side.
- ☐ Transfer meat to a sheet pan and place in the oven to finish cooking through, 12 to 15 minutes. Return pan to stove, reduce heat a bit and add butter to the skillet.
- ☐ Add flour to butter and cook 1 minute.
- ☐ Whisk wine into pan and reduce 1 minute then whisk in preserves and 1 cup of stock. Season with salt and coarse black pepper and let gravy thicken over low heat.
- ☐ Heat a medium nonstick skillet over medium high heat with 1 tablespoon extra-virgin olive oil, 1 turn of the pan. When oil smokes, add linguica or chorizo and brown, 2 minutes.

- ☐
- Add the celery, onions, peppers, garlic and season with salt and pepper. Cook 5 minutes then crumble muffins into the skillet and combine with vegetables. Dampen the stuffing with remaining 1 cup of stock and season with smoked paprika and thyme. Reduce heat to low and keep warm until ready to serve.
- ☐
- Remove meat from oven and whisk the drippings into your gravy. Pile stuffing on plates, chops alongside and ladle gravy over both. Scatter parsley over meat and stuffing.

Nutrition Facts



Properties

Glycemic Index:119.13, Glycemic Load:19.24, Inflammation Score:-10, Nutrition Score:26.133913009063%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 2.82mg, Apigenin: 2.82mg, Apigenin: 2.82mg, Apigenin: 2.82mg Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg, Luteolin: 1.96mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg, Quercetin: 6.08mg

Nutrients (% of daily need)

Calories: 737.01kcal (36.85%), Fat: 39.08g (60.13%), Saturated Fat: 13.51g (84.42%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 38.82g (14.12%), Sugar: 23.61g (26.23%), Cholesterol: 140.27mg (46.76%), Sodium: 574.49mg (24.98%), Alcohol: 6.3g (100%), Alcohol %: 1.57% (100%), Protein: 42.05g (84.09%), Selenium: 48.47µg (69.24%), Vitamin B1: 1mg (67%), Vitamin B3: 12.42mg (62.11%), Vitamin B6: 1.19mg (59.73%), Vitamin C: 37.54mg (45.5%), Phosphorus: 380.36mg (38.04%), Vitamin A: 1551.93IU (31.04%), Vitamin K: 30.65µg (29.19%), Vitamin B2: 0.47mg (27.69%), Potassium: 938.02mg (26.8%), Iron: 3.52mg (19.55%), Zinc: 2.58mg (17.19%), Vitamin E: 2.42mg (16.14%), Magnesium: 60.71mg (15.18%), Vitamin B12: 0.72µg (12.03%), Vitamin B5: 1.2mg (11.96%), Copper: 0.23mg (11.67%), Manganese: 0.23mg (11.29%), Fiber: 2.5g (9.99%), Folate: 38.7µg (9.67%), Calcium: 65.01mg (6.5%), Vitamin D: 0.54µg (3.57%)