



Spinach-and-Mushroom-Stuffed Pork Chops

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons butter
- ☐ 0.5 cup cherries dried finely chopped
- ☐ 1 teaspoon thyme leaves dried
- ☐ 8 ounces mushrooms fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 4 servings ground pepper black to taste

- ☐ 0.3 cup onion chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 4 servings salt to taste
- ☐ 4 loin chops boneless thick

Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ stove

Directions

- ☐ Preheat oven to 375 degrees F. For stuffing, melt the 1 tablespoon butter over medium heat in an extra-large skillet. Cook onion, garlic, and mushrooms in hot butter for 5 to 7 minutes or until onion is tender and most of the liquid is evaporated.
- ☐ Add spinach, thyme, the 1/2 teaspoon salt, and the 1/8 teaspoon pepper to skillet; cook for 2 minutes or just until spinach is wilted. Stir in cherries and Parmesan cheese.
- ☐ Trim fat from chops. Make a pocket in each chop by cutting horizontally from the fat side almost to the bone on the opposite side. Divide stuffing among pockets in chops. If necessary, secure the openings with wooden toothpicks.
- ☐ Sprinkle chops with additional salt and pepper.
- ☐ Melt the 2 tablespoons butter over medium heat in the same skillet. Cook chops in hot butter for 4 minutes or until browned, turning once.
- ☐ Place chops in a single layer in a baking dish just large enough to hold chops.
- ☐ Bake, uncovered, for 30 to 40 minutes or until juices run clear and chops register 145 degrees F on a meat thermometer.
- ☐ [Cleaning tip: Once the stove top is cool, wipe up any oil splatters or spills with Clorox® Disinfecting Wipes*.]

Nutrition Facts

PROTEIN 41.85% FAT 47.23% CARBS 10.92%

Properties

Glycemic Index:64.25, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:33.205652278403%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg, Kaempferol: 2.85mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg, Quercetin: 4.82mg

Nutrients (% of daily need)

Calories: 325.99kcal (16.3%), Fat: 17.16g (26.41%), Saturated Fat: 7.93g (49.55%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 6.68g (2.43%), Sugar: 4.1g (4.56%), Cholesterol: 110.27mg (36.76%), Sodium: 449.88mg (19.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.22g (68.44%), Vitamin K: 210.98µg (200.94%), Vitamin A: 4243.68IU (84.87%), Selenium: 52.61µg (75.16%), Vitamin B1: 0.99mg (66.01%), Vitamin B3: 13.13mg (65.67%), Vitamin B6: 1.16mg (58.25%), Phosphorus: 424.29mg (42.43%), Vitamin B2: 0.59mg (34.85%), Potassium: 998.6mg (28.53%), Manganese: 0.52mg (25.9%), Folate: 96.7µg (24.18%), Magnesium: 80.3mg (20.08%), Zinc: 2.94mg (19.63%), Vitamin B5: 1.94mg (19.41%), Vitamin C: 15.93mg (19.31%), Copper: 0.34mg (16.88%), Iron: 2.58mg (14.32%), Vitamin B12: 0.83µg (13.82%), Calcium: 123.7mg (12.37%), Fiber: 2.26g (9.03%), Vitamin E: 1.27mg (8.49%), Vitamin D: 0.68µg (4.54%)