

food
network

Stuffed Pork

 Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



961 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons celery diced finely
- ☐ 0.3 cup chicken stock see
- ☐ 2 ounces chipotle sauce
- ☐ 6 ounces dijon mustard
- ☐ 2 granny smith apples peeled sliced
- ☐ 2 ounces honey
- ☐ 8 ounces sausage italian hot
- ☐ 0.3 cup oil

- ☐ 0.5 cup onions diced finely
- ☐ 24 ounce pork chops boneless
- ☐ 4 servings salt and cracked pepper black
- ☐ 16 ounce pepperidge farm sage and onion stuffing stuffing store-bought

Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wooden spoon

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ In a small saute pan on high heat, brown Italian sausage and drain grease for later use. Set aside.
- ☐ Make a 1 to 1 1/2-inch wide by 2-inch deep incision into the pork chop and then season with salt and pepper on both sides.
- ☐ In a large saute pan on medium-high heat; saute onions and celery in sausage grease until brown.
- ☐ Mix into pan: stuffing, apples, and chicken stock with wooden spoon.
- ☐ Remove from heat and allow to cool to room temperature.
- ☐ Stuff each pork chop with stuffing mixture and then pan sear in hot oil, on each side, for 7 minutes in a large saute pan on medium heat.
- ☐ Place in oven for 10 to 12 minutes.
- ☐ Remove from oven and let rest for 15 to 20 minutes. Glaze pork and serve.
- ☐ In small mixing bowl, combine all ingredients until completely incorporated.
- ☐ Brush over cooked pork chops.

Nutrition Facts



Properties

Glycemic Index:50.82, Glycemic Load:10.08, Inflammation Score:-7, Nutrition Score:34.750000290249%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 961.25kcal (48.06%), Fat: 55.73g (85.73%), Saturated Fat: 13.95g (87.17%), Carbohydrates: 63.91g (21.3%), Net Carbohydrates: 52.12g (18.95%), Sugar: 31.11g (34.57%), Cholesterol: 157.51mg (52.5%), Sodium: 1739.97mg (75.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.49g (104.99%), Selenium: 141.85µg (202.65%), Vitamin B1: 1.72mg (114.8%), Vitamin B3: 17.71mg (88.57%), Vitamin B6: 1.56mg (77.83%), Phosphorus: 579.87mg (57.99%), Fiber: 11.78g (47.13%), Vitamin B2: 0.61mg (35.81%), Potassium: 1085.74mg (31.02%), Vitamin E: 4.59mg (30.6%), Zinc: 4.37mg (29.13%), Vitamin K: 29.44µg (28.04%), Manganese: 0.49mg (24.37%), Vitamin B12: 1.43µg (23.81%), Magnesium: 94.06mg (23.52%), Iron: 3.68mg (20.46%), Vitamin B5: 1.84mg (18.45%), Folate: 60.74µg (15.19%), Copper: 0.3mg (15.04%), Calcium: 98.27mg (9.83%), Vitamin A: 459.88IU (9.2%), Vitamin C: 7.2mg (8.72%), Vitamin D: 0.68µg (4.54%)