



## Stuffed Pork Chop with Three-Onion Cherry Jam and Buttered Green Beans

 Gluten Free

READY IN



70 min.

SERVINGS



4

CALORIES



988 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 bay leaf dry
- 4 tablespoons brown sugar divided
- 1 cup tart cherry juice
- 1 tablespoon chives fresh sliced
- 2 cloves garlic sliced thin
- 2 small granny smith apples diced peeled
- 1 pound green beans salted boiling ends trimmed

- 2 tablespoons honey
- 2 small jalapeño peppers diced peeled seeded
- 4 servings kosher salt and pepper black freshly ground
- 4 servings kosher salt and pepper black freshly ground to taste
- 4 pork loin chops bone-in
- 1 large onion diced red
- 1 cup red wine
- 0.5 cup red wine vinegar
- 1 cup roquefort cheese blue crumbled
- 2 stems rosemary
- 1 shallots sliced thin
- 4 large shallots sliced thin
- 4 stems thyme
- 3 tablespoons butter unsalted
- 2 tablespoons vegetable oil
- 4 tablespoons vegetable oil
- 1 large onion sweet yellow sliced thin

## Equipment

- frying pan
- sauce pan
- oven
- knife
- mixing bowl
- toothpicks
- grill
- aluminum foil
- grill pan
- cutting board

# Directions

- Special equipment: Toothpicks
- Preheat a grill pan or a cast iron pan over high heat. Preheat the oven to 400 degrees F.
- Rub the pork chops with vegetable oil and then season liberally with salt and pepper. In the hot pan, sear the pork on both sides until there is a golden brown crust or good sear marks from the grill.
- Remove the pan from the heat.
- In a small mixing bowl, combine the apples, Roquefort blue cheese, jalapeno peppers, and chives. Taste the mixture and season with salt, and pepper, to taste.
- Lay the pork chops on a cutting board with the meaty side facing you. Using a paring knife cut a pocket into the pork, about 3/4 of the way through and work it open gently with your finger to make a pocket. Dividing the stuffing evenly among the chops, stuff the pocket with the stuffing and put a toothpick through the opening to help keep the stuffing inside the pork.
- Bake the pork in the oven for about 20 minutes, until the internal temperature is 125 degrees F.
- Remove from the oven and hold covered loosely with foil to let carry over to 135 degrees F internal temperature.
- Meanwhile, in a large saute pan, combine the butter, shallots, and garlic. Turn on the heat to medium-high. Cook until the butter starts to turn brown.
- Add the blanched beans and toss until heated all the way through. Season the beans with salt, and pepper, to taste.
- On each plate, make a pile of beans, put the pork chop on top of the beans and top the chop with a good spoonful of the onion jam.
- In a large saucepan, over medium heat, heat the oil.
- Add the yellow onion, red onion, and shallots to the pan and stir well. Season the onions with salt, and pepper, to taste.
- When the onions have cooked down and they are deepening in color, deglaze the pan with the red wine.
- Let the wine cook until reduced and absorbed by the onions. Cook the onions for about 5 minutes more, then add the cherry juice and red wine vinegar. Reduce the heat to medium-low heat, and let cook at a slow simmer.

- Add the thyme, rosemary, and bay leaf.
- Let the onions cook down until they start taking on a soft texture and the liquid is reduced and absorbed by the onions. Stir in 2 tablespoons brown sugar and honey. Cook, stirring occasionally until the liquid has reduced and the onions have absorbed most of the liquid, about 8 to 10 minutes. Taste the mixture and add more sugar if it is too tart. Test the consistency of the jam by drizzling a spoonful of it onto a plate and letting it cool. It should be thick and not runny. If it is too runny, simmer the mixture longer until more liquid is cooked out.

## Nutrition Facts

**PROTEIN 19.37%**

**FAT 53.54%**

**CARBS 27.09%**

### Properties

Glycemic Index:136.32, Glycemic Load:12.16, Inflammation Score:-10, Nutrition Score:40.110434822414%

### Flavonoids

Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg, Cyanidin: 1.28mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg Catechin: 5.25mg, Catechin: 5.25mg, Catechin: 5.25mg, Catechin: 5.25mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 7.88mg, Epicatechin: 7.88mg, Epicatechin: 7.88mg, Epicatechin: 7.88mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg, Isorhamnetin: 1.44mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg, Myricetin: 1.38mg Quercetin: 24.72mg, Quercetin: 24.72mg, Quercetin: 24.72mg, Quercetin: 24.72mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

### Nutrients (% of daily need)

Calories: 987.75kcal (49.39%), Fat: 56.91g (87.56%), Saturated Fat: 23.3g (145.6%), Carbohydrates: 64.78g (21.59%), Net Carbohydrates: 57.24g (20.81%), Sugar: 46.08g (51.2%), Cholesterol: 165.59mg (55.2%), Sodium: 1168.58mg (50.81%), Alcohol: 6.36g (100%), Alcohol %: 1.1% (100%), Protein: 46.33g (92.65%), Vitamin K: 92.74µg (88.33%), Vitamin B6: 1.58mg (79.06%), Selenium: 55.25µg (78.93%), Vitamin B1: 1.1mg (73.29%), Phosphorus: 660.65mg (66.06%), Vitamin B3: 12.53mg (62.67%), Calcium: 516.43mg (51.64%), Vitamin B2: 0.8mg (47.12%),

Vitamin C: 36.82mg (44.63%), Potassium: 1363.14mg (38.95%), Vitamin A: 1873.49IU (37.47%), Manganese: 0.68mg (33.88%), Fiber: 7.55g (30.19%), Magnesium: 115.14mg (28.78%), Zinc: 4.07mg (27.15%), Folate: 108.17µg (27.04%), Vitamin B5: 2.6mg (25.97%), Iron: 4.08mg (22.67%), Vitamin E: 2.98mg (19.84%), Vitamin B12: 1.11µg (18.44%), Copper: 0.32mg (15.81%), Vitamin D: 0.69µg (4.62%)