



## Stuffed Pork Chops

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups apple juice
- 0.5 tsp pepper black
- 3 lb pork chops bone-in with pocket cut for stuffing (see tip)
- 1 Tbsp brown sugar
- 1 Tbsp grey poupon dijon mustard
- 2 granny smith apples divided
- 6 oz stove top stuffing mix for chicken
- 0.3 cup lite raspberry vinaigrette dressing divided kraft

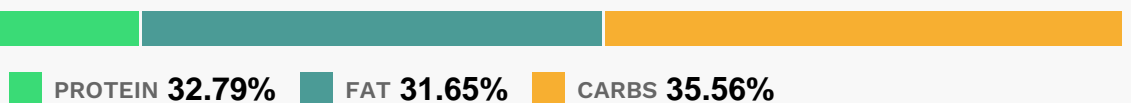
## Equipment

- frying pan
- oven
- baking pan

## Directions

- Heat oven to 375F.
- Prepare stuffing as directed on package, substituting apple juice for the water.
- Cut 1 apple into 1/2-inch chunks; stir into stuffing. Spoon into pockets in chops; sprinkle with pepper. Spoon remaining stuffing into 13x9-inch baking dish.
- Heat large nonstick skillet on medium-high heat.
- Add 3 chops; cook 2 min. on each side to brown.
- Remove chops from skillet, reserving drippings in skillet. Repeat with remaining chops.
- Place chops over stuffing. Core remaining apple; cut into 12 rings.
- Place over chops; brush with 1 Tbsp. of the remaining dressing.
- Bake 20 to 25 min. or until chops are done (160F). Meanwhile, mix remaining dressing, sugar and mustard in same skillet; cook on medium-high heat 1 min. or until bubbly and thickened.
- Serve over apples and chops.

## Nutrition Facts



## Properties

Glycemic Index:3.04, Glycemic Load:0.67, Inflammation Score:-1, Nutrition Score:3.1308695826194%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

## Nutrients (% of daily need)

Calories: 64.02kcal (3.2%), Fat: 2.21g (3.4%), Saturated Fat: 0.72g (4.47%), Carbohydrates: 5.6g (1.87%), Net Carbohydrates: 5.24g (1.91%), Sugar: 2.58g (2.87%), Cholesterol: 15.69mg (5.23%), Sodium: 85.14mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.32%), Selenium: 9.61µg (13.72%), Vitamin B1: 0.14mg (9.09%), Vitamin B3: 1.73mg (8.67%), Vitamin B6: 0.17mg (8.45%), Phosphorus: 54.6mg (5.46%), Vitamin B2: 0.06mg (3.64%), Potassium: 105.24mg (3.01%), Zinc: 0.44mg (2.96%), Magnesium: 8.22mg (2.06%), Vitamin B12: 0.12µg (2.02%), Manganese: 0.04mg (1.87%), Vitamin B5: 0.19mg (1.85%), Iron: 0.32mg (1.75%), Folate: 6.62µg (1.66%), Fiber: 0.35g (1.41%), Copper: 0.03mg (1.36%)