



## Stuffed Pork Chops

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



762 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup pepper black
- 1 pound sausage meat split
- 0.3 cup garlic powder
- 4 servings olive oil for brushing
- 4 pork chops split bone-in
- 1 cup salt

### Equipment

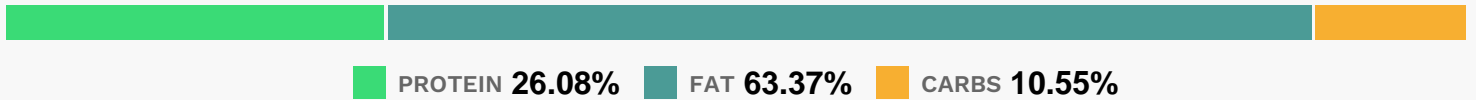
- toothpicks

- grill
- skewers
- wooden skewers

## Directions

- Special equipment: 4 wooden skewers or toothpicks
- Set up grill for direct grilling. When coals are white hot, spread them evenly and place grate on top to heat. Meanwhile, stuff each pork chop with sausage and rub meat liberally with House Seasoning. Secure each pork chop with a wooden skewer or toothpicks (remember to remove before serving).
- Brush oil on grill grate to prevent sticking.
- Place pork chops on grate and grill until nicely browned, about 5 to 6 minutes. Turn and repeat process. An internal temperature of 160 degrees F is recommended for pork. Make sure your sausage stuffing and pork chop is thoroughly cooked.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:2.3, Inflammation Score:-5, Nutrition Score:34.105652721032%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 762.25kcal (38.11%), Fat: 53.97g (83.04%), Saturated Fat: 15.43g (96.45%), Carbohydrates: 20.21g (6.74%), Net Carbohydrates: 15.14g (5.5%), Sugar: 0.45g (0.5%), Cholesterol: 171.43mg (57.14%), Sodium: 29090.98mg (1264.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.97g (99.94%), Manganese: 2.12mg (105.93%), Vitamin B1: 1.29mg (85.73%), Vitamin B3: 16.32mg (81.62%), Vitamin B6: 1.61mg (80.37%), Selenium: 48.69µg (69.55%), Phosphorus: 540.51mg (54.05%), Zinc: 5.23mg (34.86%), Potassium: 1159.95mg (33.14%), Vitamin K: 33.15µg (31.57%), Vitamin B12: 1.67µg (27.9%), Vitamin B2: 0.43mg (25.51%), Iron: 4.52mg (25.11%), Copper: 0.45mg (22.36%), Magnesium: 88.12mg (22.03%), Vitamin B5: 2.05mg (20.52%), Fiber: 5.07g (20.29%), Vitamin E: 2.66mg (17.72%), Vitamin D: 2.01µg (13.4%), Calcium: 114.43mg (11.44%), Vitamin A: 171.29IU (3.43%), Folate: 10.6µg (2.65%), Vitamin C: 0.97mg (1.18%)