



Stuffed Pork Chops

 Gluten Free

READY IN



47 min.

SERVINGS



4

CALORIES



479 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces baby spinach
- 0.3 teaspoon pepper black
- 0.3 pound capocollo italian cut into small dice (spicy ham)
- 1 eggs lightly beaten
- 2 cloves garlic chopped
- 0.5 teaspoon penzey's southwest seasoning dried italian
- 2 tablespoons olive oil
- 4 pork chops) thick-cut for stuffing (2 to 2 1/2 pounds total

- 0.3 pound provolone cheese cut into small dice
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan
- toothpicks
- kitchen thermometer
- aluminum foil

Directions

- Heat 1 tablespoon oil in large saucepan over medium heat.
- Add garlic; cook, stirring occasionally, 1 minute.
- Add spinach, 1/4 teaspoon salt, 1/8 teaspoon pepper and the Italian seasoning; cook, stirring, just until spinach is wilted, about 2 minutes.
- Remove the spinach mixture to a medium-size bowl; let cool completely. When cool, add the capocollo, provolone cheese and egg; gently stir to combine completely.
- Place the pork chops on a flat work surface; cut a slit horizontally to the bone so chop can be opened like a book. Stuff each chop with 1/4 of the stuffing. (If freezing, wrap each chop tightly in freezer wrap, without toothpicks; freeze up to 1 month.) Secure chops with toothpicks.
- To cook and serve: If chops are frozen, thaw in refrigerator overnight.
- Preheat oven to 375 degree F.
- Heat remaining 1 tablespoon oil in large skillet.
- Add chops; cook 2 minutes per side or until browned.
- Place chops in single layer in a baking dish just large enough to hold them.
- Sprinkle with remaining 1/4 teaspoon salt and 1/8 teaspoon pepper.

- Bake the chops in the oven for 15 minutes or until the internal temperature registers 155 degrees on an instant-read thermometer when inserted in the pork.
- Remove chops to a platter; cover with foil.
- Let stand 5 to 10 minutes in warm place before serving.

Nutrition Facts

PROTEIN 37.89%

FAT 59.66%

CARBS 2.45%

Properties

Glycemic Index:31.5, Glycemic Load:0.52, Inflammation Score:-10, Nutrition Score:32.479999915413%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg, Kaempferol: 2.72mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 478.6kcal (23.93%), Fat: 32.16g (49.48%), Saturated Fat: 12g (74.99%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.4g (0.45%), Cholesterol: 175.49mg (58.5%), Sodium: 1208.13mg (52.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.95g (91.91%), Vitamin K: 212.05µg (201.95%), Vitamin A: 4306.81IU (86.14%), Selenium: 52.5µg (75%), Vitamin B1: 0.94mg (62.69%), Vitamin B6: 1.12mg (55.84%), Vitamin B3: 11.09mg (55.44%), Phosphorus: 488.93mg (48.89%), Calcium: 279.47mg (27.95%), Vitamin B2: 0.47mg (27.81%), Potassium: 802.36mg (22.92%), Folate: 91.16µg (22.79%), Zinc: 3.39mg (22.58%), Manganese: 0.45mg (22.55%), Vitamin B12: 1.22µg (20.37%), Magnesium: 78.96mg (19.74%), Vitamin E: 2.27mg (15.16%), Vitamin C: 12.42mg (15.06%), Iron: 2.67mg (14.85%), Vitamin B5: 1.32mg (13.18%), Copper: 0.15mg (7.68%), Vitamin D: 0.9µg (5.98%), Fiber: 1.1g (4.42%)