

# Stuffed Pork Chops

 Dairy Free

READY IN



110 min.

SERVINGS



4

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 slices bacon chopped
- 4 pork chops split bone-in ()
- 2 stalks celery minced
- 0.5 cup chicken broth
- 2.5 cups cornbread crumbled
- 0.3 cup cranberries dried
- 2 cloves garlic minced
- 0.5 cup kosher salt

- 1 tablespoons brown sugar light
- 1 small onion minced
- 2 tablespoons freshly parsley leaves chopped
- 1 tablespoon freshly rosemary leaves chopped
- 1 tablespoon freshly sage leaves chopped
- 4 servings salt and pepper black freshly ground
- 3 tablespoons sugar
- 2 quarts water

## Equipment

- bowl
- frying pan
- whisk
- toothpicks
- grill

## Directions

- Whisk salt and sugars in 2-quarts of cold water.
- Add pork chops and cover. Refrigerate for 1 hour.
- Remove the pork chops from the brine and dry well.
- In a large heavy bottomed saute pan, begin to fry bacon.
- Add celery, onion and garlic to pan and allow to saute with the crispy bacon.
- Add rosemary, sage and parsley after bacon has cooked for 8 to 10 minutes.
- Saute until fragrant. Season with salt and pepper.
- In a large bowl add cornbread, dried cranberries and chicken stock. Stir in the cooked vegetable mixture.
- Mix well.
- Preheat grill to medium-high heat.

Season the pork chops with salt and pepper. Stuff the chop with about 1/2 cup of stuffing. Use toothpicks to help seal the chops. Grill the chops for 5 to 7 minutes per side. Internal temperature should be 145 degrees F. Allow chop to rest for 5 minutes before serving.

## Nutrition Facts

**PROTEIN 20.75%** **FAT 34%** **CARBS 45.25%**

### Properties

Glycemic Index:73.27, Glycemic Load:6.98, Inflammation Score:-7, Nutrition Score:38.353478224381%

### Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg, Apigenin: 4.88mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg, Quercetin: 4mg

### Nutrients (% of daily need)

Calories: 909.97kcal (45.5%), Fat: 34.24g (52.68%), Saturated Fat: 12.16g (76.01%), Carbohydrates: 102.53g (34.18%), Net Carbohydrates: 97.67g (35.51%), Sugar: 42.22g (46.91%), Cholesterol: 209.09mg (69.7%), Sodium: 15350.81mg (667.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.02g (94.05%), Copper: 4.89mg (244.48%), Selenium: 73.07µg (104.38%), Phosphorus: 964.55mg (96.46%), Vitamin B1: 1.16mg (77.64%), Vitamin B3: 14.86mg (74.28%), Vitamin B6: 1.41mg (70.28%), Vitamin K: 44.97µg (42.82%), Vitamin B2: 0.63mg (37.24%), Manganese: 0.66mg (32.83%), Calcium: 293.94mg (29.39%), Zinc: 4.37mg (29.16%), Potassium: 923.06mg (26.37%), Iron: 4.59mg (25.53%), Folate: 96.52µg (24.13%), Vitamin B5: 2.22mg (22.24%), Vitamin B12: 1.3µg (21.66%), Magnesium: 83.94mg (20.99%), Fiber: 4.86g (19.45%), Vitamin A: 535.24IU (10.7%), Vitamin E: 1.25mg (8.34%), Vitamin C: 5.51mg (6.68%), Vitamin D: 0.89µg (5.94%)