



## Stuffed Pork Chops

READY IN



110 min.

SERVINGS



4

CALORIES



681 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pork chops bone-in
- 0.5 cup breadcrumbs
- 1 large eggs lightly beaten
- 1 cup flour all-purpose
- 2 tablespoons parsley fresh chopped
- 1 pinch garlic powder
- 1 medium onion finely chopped
- 1 pinch pepper
- 1 pinch salt

- 3 tablespoons butter unsalted
- 0.3 cup vegetable oil

## Equipment

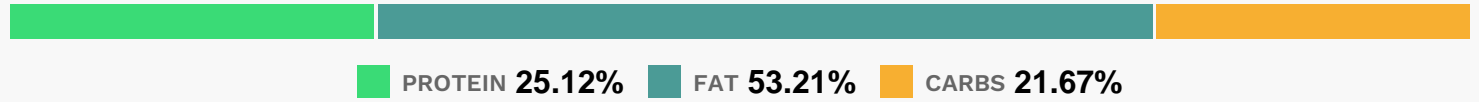
- bowl
- frying pan
- oven
- knife
- baking pan
- toothpicks
- roasting pan
- aluminum foil

## Directions

- Preheat the oven to 325 degrees F.
- Melt the butter in a large skillet over medium-high heat.
- Add the onions and saute until translucent, about 7 minutes.
- Remove the pan from the heat and stir in the breadcrumbs, salt, pepper and garlic powder. Stir in the beaten egg and parsley.
- To cut pockets into the pork chops, insert the point of a small sharp knife horizontally into the fat-covered edge. Move the knife back and forth to create a deep pocket about 1 1/2 inches wide.
- Fill the pocket of each chop with the breadcrumb mixture. Secure the openings with toothpicks.
- Place the flour in a shallow bowl. Dredge the stuffed chops lightly in the flour, shaking off the excess. Wipe out the skillet used previously for the stuffing and place it over medium-high heat.
- Add the oil and, when hot, add the chops. Sear over medium heat until lightly browned, about 3 minutes per side.
- Place a rack in a roasting or baking pan and add water, being careful not to cover the rack with water.

- Place the chops on the rack and cover the roaster with the lid or aluminum foil.
- Bake the chops for 1 hour.
- Let rest, remove the toothpicks and serve.

## Nutrition Facts



### Properties

Glycemic Index:42.75, Glycemic Load:17.84, Inflammation Score:-7, Nutrition Score:29.10826081815%

### Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

### Nutrients (% of daily need)

Calories: 680.7kcal (34.03%), Fat: 39.7g (61.08%), Saturated Fat: 13.16g (82.26%), Carbohydrates: 36.39g (12.13%), Net Carbohydrates: 34.4g (12.51%), Sugar: 2.16g (2.4%), Cholesterol: 186.03mg (62.01%), Sodium: 223.5mg (9.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.17g (84.33%), Selenium: 75.38µg (107.68%), Vitamin B1: 1.22mg (81.2%), Vitamin B3: 14.03mg (70.16%), Vitamin B6: 1.27mg (63.42%), Vitamin K: 59.76µg (56.92%), Phosphorus: 446.83mg (44.68%), Vitamin B2: 0.6mg (35.25%), Zinc: 3.65mg (24.36%), Folate: 86.1µg (21.53%), Potassium: 712.92mg (20.37%), Iron: 3.58mg (19.88%), Manganese: 0.4mg (19.76%), Vitamin B12: 1.07µg (17.91%), Vitamin B5: 1.65mg (16.5%), Magnesium: 60.58mg (15.14%), Vitamin E: 1.74mg (11.62%), Copper: 0.21mg (10.55%), Vitamin A: 509.23IU (10.18%), Vitamin D: 1.25µg (8.37%), Calcium: 80.34mg (8.03%), Fiber: 1.99g (7.97%), Vitamin C: 4.7mg (5.69%)