



## Stuffed Pork Chops

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 ounces goat cheese
- ☐ 3 tablespoons lemon olive oil
- ☐ 4 pork loin rib chops thick
- ☐ 0.3 cup prune- cut to pieces chopped
- ☐ 4 servings course salt and pepper black freshly ground
- ☐ 0.3 cup slivered almonds plus more for garnish toasted chopped

### Equipment

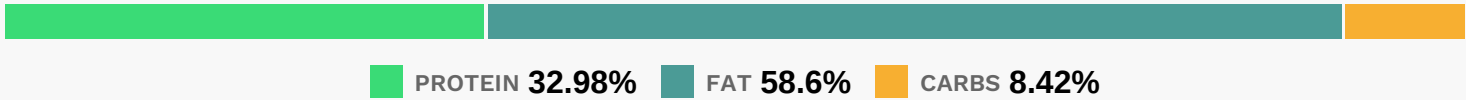
- ☐ bowl

- ☐ toothpicks
- ☐ dutch oven

## Directions

- ☐ In a bowl, mix the prunes and almonds with 1 tablespoon of lemon olive oil.
- ☐ Cut a pocket on the side of each pork chop from the fat side to the bone. Season the outside of each chop with salt and pepper, to taste. Stuff each chop with 1/2-ounce of goat cheese, pushing it to the bottom of the opening, then stuff with the prune mixture. Secure with toothpicks.
- ☐ Heat the remaining 2 tablespoons lemon olive oil in a large shallow Dutch oven over medium-high heat. Sear the chops on both sides until golden brown.
- ☐ Add water to come 1/4 of the way up the side of chops. Cover and simmer until the chops are cooked, about 15 to 20 minutes.
- ☐ Remove chops to a serving platter and simmer the liquid and any stuffing drippings until reduced to a thick sauce.
- ☐ Pour the sauce over the chops and serve garnished with toasted almonds.

## Nutrition Facts



## Properties

Glycemic Index:17.75, Glycemic Load:1.87, Inflammation Score:-4, Nutrition Score:19.964347635274%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 403.37kcal (20.17%), Fat: 26.2g (40.31%), Saturated Fat: 7.07g (44.16%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 6.83g (2.48%), Sugar: 4.56g (5.07%), Cholesterol: 96.3mg (32.1%), Sodium: 117mg (5.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.18g (66.36%), Selenium: 45.07µg (64.38%), Vitamin B1: 0.92mg (61.55%), Vitamin B3: 11.21mg (56.07%), Vitamin B6: 1.04mg (52.01%), Phosphorus: 379.26mg (37.93%), Vitamin B2: 0.4mg (23.48%), Vitamin E: 3.49mg (23.25%), Potassium: 634.02mg (18.11%), Zinc: 2.47mg (16.45%), Magnesium: 59.96mg (14.99%), Copper: 0.28mg (14.01%), Vitamin K: 13.21µg (12.58%), Vitamin B12: 0.74µg (12.29%), Vitamin B5: 1.15mg (11.5%), Manganese: 0.22mg (11.15%), Iron: 1.36mg (7.55%), Fiber: 1.64g (6.56%), Calcium: 52.61mg (5.26%), Vitamin A: 237.33IU (4.75%), Vitamin D: 0.59µg (3.95%), Folate: 5.12µg (1.28%)