



## Stuffed Pork Chops

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup bread reduced-sodium
- 1.5 cups unseasoned bread cubes (or cut up day-old bread)
- 0.5 teaspoon rosemary dried
- 1 apples i use 2 granny smith apples diced cored
- 2 leek white rinsed chopped
- 2 teaspoons oregano dried
- 20 ounce pork chops boneless trimmed of fat
- 4 servings salt and pepper

2 tablespoons vegetable oil divided

## Equipment

- bowl
- frying pan
- oven
- knife

## Directions

- Preheat oven to 400 degrees F.
- Heat 1 tablespoon of oil in a large skillet over medium heat.
- Add leek and apple and saute 4 minutes, until tender and golden.
- Add oregano, rosemary, and salt and pepper, to taste, and stir to coat.
- Transfer mixture to a large bowl and add bread cubes and chicken broth.
- Mix well and set aside.
- Using a sharp knife, slice pockets into chops by slicing horizontally into the side, and almost through to the other side. Season the outside with salt and pepper. Stuff chops with apple mixture, allowing stuffing to overflow out of pockets.
- Heat remaining oil in a large skillet over medium-high heat.
- Add pork chops and sear on 1 side until browned, 3 to 4 minutes. Flip chops and transfer to oven to finish cooking for 8 to 10 minutes, or until cooked through.

## Nutrition Facts



## Properties

Glycemic Index:64.08, Glycemic Load:16.35, Inflammation Score:-9, Nutrition Score:28.635217303815%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg  
Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate:  
0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate:  
0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.25mg, Kaempferol:  
1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin:  
0.1mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

## **Nutrients (% of daily need)**

Calories: 471.89kcal (23.59%), Fat: 19.18g (29.51%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 37.32g (12.44%),  
Net Carbohydrates: 32.97g (11.99%), Sugar: 9.41g (10.45%), Cholesterol: 94.97mg (31.66%), Sodium: 510.65mg  
(22.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.83g (73.67%), Selenium: 61.97µg (88.54%), Vitamin  
B1: 1.19mg (79.31%), Vitamin B3: 14.42mg (72.08%), Vitamin B6: 1.22mg (60.91%), Manganese: 0.89mg (44.67%),  
Vitamin K: 43.12µg (41.06%), Phosphorus: 407.66mg (40.77%), Vitamin B2: 0.42mg (24.72%), Iron: 3.89mg (21.63%),  
Potassium: 741.57mg (21.19%), Zinc: 2.82mg (18.82%), Folate: 75.24µg (18.81%), Magnesium: 75.06mg (18.76%), Fiber:  
4.35g (17.39%), Vitamin A: 790.47IU (15.81%), Vitamin B5: 1.54mg (15.44%), Vitamin B12: 0.75µg (12.52%), Calcium:  
118.37mg (11.84%), Copper: 0.23mg (11.32%), Vitamin E: 1.51mg (10.07%), Vitamin C: 7.56mg (9.17%), Vitamin D:  
0.57µg (3.78%)